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SWIM

CANADA

JANUARY 1991

MARIANNE LIMPERT, NORTH YORK AQUATIC CLUB

Photo by Marco Chiesa

FINALS
THE FINALS®

CALENDAR

1991

January
4-13 World Championships, Perth
(7-13 swimming events)
11-12 Moncton Invitational
19-20 Univ.of Calgary Grand Prix
25-27 Quebec Cup, Ste-Foy

February
1-3 Ontario AA at Brock
Ontario AAA
8-11 Eastern Cup
Western Championships, Lethbridge
15-17 Ontario Age Groups
Quebec Age Groups, Montreal
Nova Scotia Age Groups
Saskatchewan Championships
20-23 Winter Nationals, Calgary

March
1-3 CIAU Championships, Halifax
Guelph Invitational
8-10 Alberta Age Groups
13-14 World Cup 1, Italy
16-17 World Cup 2, Bonn
19-20 World Cup 3, Sweden
23-24 World Cup 4, Rostock
26-27 World Cup 5, Leningrad
30-31 World Cup 6, Sheffield
8 Nation Youth Meet

April
5-6 World Cup 7, Victoria
5-7 Dartmouth Invitational
6-7 Guelph Sprints
12-14 Chinook Invitational, Calgary
13-14 Etobicoke Pepsi Pentathlon
19-21 Quebec Team I
25-28 Edmonton Keyano International
26-28 Standard Invitational, St.Catharines
Quebec Team II

May
3-5 Atlantic Cup 2, Halifax
4-5 Univ.Calgary Dual for Dollars
11-12 Lethbridge Sprints
24-26 Canada Cup West, Vancouver
Guelph Invitational
Canada Cup East, Montreal

June
30-2 Youth Championships, Ste-Foy
Nova Scotia Age Groups
14-16 Etobicoke Pepsi Age Group
15-16 Edmonton Keyano Senior Meet
28-30 Saskatchewan Championships

July
5-7 Quebec Cup, Montreal
12-14 Alberta Championships
19-21 Quebec Age Groups
14-25 FISU Games, Sheffield,ENG
(15-20 swimming events)
26-28 Eastern Cup, Saint John
Western Cup, Winnipeg

August
30-3 Summer Nationals, Vancouver
4-18 Pan American Games, Havana
(11-17 swimming events)
22-25 Pan Pacifics, Edmonton

December
14-15 World Cup, Toronto

1992

February
26-29 Winter Nationals, Winnipeg

May
13-17 Olympic Trials, Montreal

RECORDS

Records bettered during October (SCM)

Girls 11-12 200 freestyle: 2:05.47 in heats and 2:05.41 in finals, by Shauna Collins, Regina Optimist Dolphins, Saskatoon, Oct.28. Betters previous record of 2:06.60 by Shauna Collins, ROD, earlier in 1990.

Girls 11-12 4x50 free relay: 1:53.45 Regina Optimist Dolphins, Regina, Oct.14. Team composed of Susan Banman,12, Jocelyn McLeod, 12, Andrea Wright, 12, and Shauna Collins, 12. Betters previous record of 1:55.03 by Edmonton Keyano SC, in 1983.

DIGEST

The 1990 Coach of the Year award goes to **Marian Sweetnam**. Chosen by the Canadian Swimming Coaches Association for coaching excellence at the highest level.

The recipient coached Nancy Sweetnam to gold medals at both the Commonwealth Games and the LEN Cup in Rome in the 200 IM, the only Canadian swimmer who accomplished this feat at the two most important competitions of the year.

Congratulations to **Jon Cleveland**, UCSC and **Nancy Sweetnam**, LLSC who were named OMEGA Athletes of the Year by Swimming/ Natation Canada. Both swimmers were chosen for their gold medal performances at the Commonwealth Games.

Recipients of the Victor Davis Memorial Award were **Dan Letourneau**, CN de Beauport, **Shyanne Shannon**, Saint John Fundy AC, and **Steven VanderMeulen** of the University of Calgary SC. Each will receive $1000 to assist them in pursuing their swimmming careers.

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SWIM CANADA

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Consecutive Number 164

SWIM COACH

Fomer Canadian Olympic Swim Coach would like to trade in his horse racing silks for an opportunity to rejoin the Canadian Swimming scene.

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ORDEAL BY TRIAL

PATRICIA YOUNG

MONTREAL—The World Championship Trials weren't like any meet you'd ever been to before. And if the growing ground swell of discontent is any indication it is a situation that won't be repeated very soon.

"The use of standards is about as popular as the GST," said a disgruntled Cliff Barry, head coach of Etobicoke Pepsi Swim Club. His was not a lone voice.

"Standards are not unfair," said Byron MacDonald, University of Toronto coach. "Everyone knows about them and everyone has to meet them, but I think that we should eventually get rid of them.

"If the idea was to just travel with potential medal winners, we would really only have to take five or six kids, but since consolation finals have been added it makes sense to take more athletes. It is not impossible that a swimmer who's ranked in the top 25 in the world can make consols at a major meet like the Worlds or Olympics."

"Once the standards are set the kids have to learn to swim to the standards a little better. They can't rely on the race to get them to the standard," said Tom Johnson, head coach of Pacific Dolphins. "It looked pretty good after the summer. Now some of the kids looked pretty tired, especially in the distance events.

"Maybe having to deal with these standards will ultimately help the kids deal with international circumstances a bit better."

Meets that generally start out as slowly as this one tend to die in the water, but despite the near empty cavernous stands, the limited number of swimmers (216), excitement was created by the performances of several event winners.

Biggest surprise of the Trials: Marianne Limpert's win in the 200 IM Marco Chiesa

Nancy Sweetnam has been the undisputed Canadian leader in women's IM for the past three years. She is ranked in fourth in the world for the 200 IM going into Perth. She now has someone very fast in Canada to race.

Marianne Limpert is an 18 year old Fredricton, New Brunswick native. She won the 200 IM in a lifetime best of 2:16.74, which ranks her 5th in the world. Limpert left the east coast last spring and swam with Dr. Tihanyi before settling in Toronto this September. The move has suited her.

"Our goal was 2:17 low," said her coach Byron MacDonald. "She had never been under 2:19 before, but the indications from workout were that she could go this fast.

"I feel that the key to the 200 IM is the backstroke leg. We worked on that for the past two months. Her split dropped by more than two seconds.

"She needs racing experience . She was over excited in the morning, but she is a great evening swimmer. She's a real racer."

Limpert, who is known as *Mach One*, by her teammates, because she never does anything slowly, thinks that the key to her success is attitude.

"I'm having so much fun training in Toronto now," she said. "That reflects on my performance. I'm training better and so I'm swimming faster.

"Byron doesn't push you to do it. It is up to you. He realizes that we are mature swimmers and we are there because we want to improve."

MacDonalds methods are working. He placed three swimmers on the team.

Limpert was one of the stars of the Canada Games in 1989 winning the 100 breast and 200 IM. At Summer Nationals she was 5th in 200 IM with 2:19.71

Michael Mason,16, EPS, was oustanding. He won the 100 breaststroke over Rob Fox, EKSC and newcomer Steve Shumka, IS. Mason's winning time of 1:04.23 only got him a relay spot. It was in the 200 that Mason shone with a personal best of 2:16.43.

"I was training real hard in California and it's paid off," said Mason now living in Pasadena, California. "I knew that my 200 would be very good.

"I swam my 100 with a 200 stroke. That didn't hurt has much as other swims. I feel like have more speed in me.

"I feel that if the 200 breaststroke had been first

Michael Mason, Etobicoke Pepsi Marco Chiesa

Sandy Goss, EPS Marco Chiesa

Turlough O'Hare, Pacific Dolphins Marco Chiesa

I would have done a lot better in the 100."

Sarah Evanetz, PDSA, came to this meet not knowing what to expect, but she knew what she wanted and that was to swim in Perth. She won the 100 butterfly in 1:02.12 and secured herself a spot on the medley relay.

"Nothing like this has ever happened to me before, " said 15 year old Evanetz. "A year ago I was doing a 1:07. I just made nationals in the 100 fly this year. A month ago I couldn't have believed that this was happening to me.

"I'm a pretty strong sprinter and we work on that in training. I don't swim that much fly in workout.

"I can see where I can improve my race. I'm pleased with my finish. I tucked my head down and charged into the wall. I didn't even know I had won until I saw the team cheering. Normally I don't have that good a finish."

Tom Ponting, UCSC, planned to swim both the 100 and the 200 fly. After qualifying in the sprint event, Ponting chose to not swim the 200 fly.

"You have to train differently for those events," said Ponting. "I want to be competitive in Perth. I want to be in a race where I have a chance. It seems more realistic that I will do better in the sprint. I haven't been that fast in the 200 this year."

With Ponting declining the 200 and one qualifying spot left in the event, Jon Kelly, IS, looked like a shoe-in. The veteran national team swimmer swam and easy heat and matched the selection time of 2:01.22.

In the finals Kelly finished almost two seconds ahead of Eddie Parenti, NKSC. But he did not beat the clock. His time was 1/100 slower than the selection time. It gave new meaning to heartbreak.

"I felt pretty good," said Kelly. "I was really attacking the race. I was trying to go my best time or better. I thought I had a 1:58 in me. I was on pace. At the 150 I was practically equal to my splits that I did at the Olympics.

"I started to tie up the last 25 metres and was distracted by too many external factors. I wasn't sure where the other guys were. I started to rush things a bit. I was tieing up and tried to fight it and began doing this "sprinty" stroke. I should have just relaxed and floated it out a little more. That was a mistake.

"The very last 25 I did in 17 seconds as compared to 15 the 25 before. That tells the whole story there.

"I just thought there was no way in the world I couldn't do that time."

Jon Kelly, Island Swimming Marco Chiesa

Kelly, who seemed to be taking the whole affair better than anyone else, rolled his eyes trying to come up with some explanation for what went wrong. "Who knows? Maybe some higher power didn't want me to go to Worlds."

And what happens to a swimmer who has gone through this type of experience? "I think swimming will fade out the picture for me."

Turlough O'Hare, PDSA, qualified in the 200 freestyle, but not in his best event the 400 freestyle.

"Turlough is on track," said his coach Tom Johnson. "He swam very well in the 200 in the heats (1:50.58), but I feel that he has a better level of performance in him for that event.

"In the 400 he mis-judged the second 100 badly and it cost him a swim at the Worlds. That is too bad, but if he can focus in on the 200 it will help him get more focused when he has to do this type of swim in a Trials situation."

Dean Kondziolka, TOMAC Marco Chiesa

O'Hare was on record pace for 300 but just missed the standard with his 3:53.69. The winner of the 400 freestyle at the 1989 Pan Pacific Games will not be swimming the event at the Worlds. But then swimming is a sport of performance and unfortunately, for some, it is the performance of the moment, not the past that counts.

Darren Ward, UCSC, had an outstanding meet. He easily won, and met the selection times, in both of the individual medleys.

"I think I've always been able to go a good 400

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I.M. specialist Darren Ward, Univ.of Calgary Marco Chiesa

IM," said Ward. "I've just never been put in a situation where I could be tested. Today I was.

"I still consider the 200 IM as my main event, but I'll start concentrating on the 400 too."

Ward's teammate Curtis Myden also qualified for the team in the 400 IM. "Curtis is young and if he can get his strokes together, he will be a real contender for that world record," said Ward.

"The meet has been a success for our team," said Calgary coach Deryk Snelling. "UCSC has nine swimmers on the team. It has been a great meet.

"Whether we have done the right selection procedure we will never, ever know. There will be the ability for us to pick it apart when we see how the nine pre-selected swimmers do as compared to the other swimmers performances. It's something we can measure."

The meet was held to give swimmers a second chance to qualify for the World Championships. Nine swimmers had pre-qualified in the summer. Another nine swimmers qualified in individual events and 13 grabbed spots on the team as relay swimmers.

If nothing else these Trials point out where the holes are in the Canadian swimming program. Men and women's freestyle events remain weak. The discontent about the standards is an issue that will have to be addressed.

That's all folks: Chris Bowie, Edmonton Keyano, expressed his disbelief. At summer nationals he won two events. Here he placed fourth and fifth in the 400-1500 free. Marco Chiesa

WORLD CHAMPIONSHIP TRIALS

Montreal, Nov. 13-17 (50 M)

✳ = individual qualifier

❒ = relay qualifier

WOMEN

50 **FREESTYLE** (Nov.16)	Heats	Finals
Andrea Nugent,21,UCSC	0:26.42	0:26.32
Kristin Topham,17,EPS	0:26.58	0:26.48
Cindy Unruh,19,SPART	0:26.96	0:26.63
Patricia Levesque,16,SELECT	0:26.93	0:26.89
Edith Lachapelle,14,GO	0:27.11	0:27.03
Gabriella Kuntz,17,UCSC	0:27.05	0:27.03
Lori Melien,18,UCSC	0:27.06	0:27.08
Stephanie Lemay,16,BBF	0:27.11	0:27.29
Cons: Martina Kindler,15,POLAR	0:27.34	0:27.52
100 FREESTYLE (Nov.13)		
Andrea Nugent,21,UCSC	0:57.33	❒0:57.30
Patricia Levesque,16,SELCT	0:57.93	❒0:57.83
Patricia Noall,20,CNMN	0:58.38	❒0:57.85
Allison Higson,17,UCSC	0:58.39	0:57.97
Edith Lachapelle,14,GO	0:58.35	0:58.10
Cindy Unruh,19,SPART	0:58.55	0:58.13
Kimberley Paton,18,BRANT	0:58.61	0:58.21
Marianne Limpert,18,NYAC	0:58.52	0:58.39
Cons: Kathy Bald,26,NYAC	0:58.74	0:58.06
200 FREESTYLE (Nov.14)		
Patricia Noall,20,CNMN	2:04.35	❒2:03.80
Julie Barbeau,15,ELITE	2:05.21	❒2:03.80
Allison Higson,17,UCSC	2:04.58	❒2:04.30
Kathy Bald,26,NYAC	2:04.97	❒2:04.36
Kimberley Paton,18,BRANT	2:05.38	2:04.53
Christine Jeffrey,17,GMAC	2:05.03	2:04.54
Patricia Levesque,16,SELCT	2:06.45	2:05.18
Danielle Kennedy,17,PDSA	2:06.56	2:05.88
Cons: Petrina Lessard,16,PCSC	2:06.65	2:05.84
400 FREESTYLE (Nov.15)		
Brigitte Davidson,17,GO	4:24.40	4:23.04
Jocelyn Jay,18,BRANT	4:23.23	4:23.07
Nikki Dryden,15,IS	4:24.04	4:23.11
Julie Durward,18,PDSA	4:26.76	4:23.95
Debbie Wurzburger,21,EKSC	4:24.60	4:24.93
Peggy Corkum,16,EPS	4:23.43	4:26.25
Julie Barbeau,15,ELITE	4:26.37	4:27.87
Leanne Wilkinson,15,IS	4:26.82	4:28.41
Cons: Kim Paton,18,BRANT	4:29.22	4:23.52
800 FREESTYLE (Nov.16 heats, 17 final)		
Erin Holland,17,UCSC	8:58.52	8:52.41
Tara Seymour,18,EKSC	9:05.77	8:54.14
Brigitte Davidson,17,GO	9:03.97	8:58.57
Debbie Wurzburger,21,EKSC	8:58.47	8:59.17
Michelle Sallee,16,PDSA	9:07.42	9:02.08
Peggy Corkum,16,EPS	9:06.87	9:02.24
Jocelyn Jay,18,BRANT	9:05.22	9:08.78
Carrie Fowlie,13,PDSA	9:06.29	9:10.82
Cons: Corinne Liedtke,18,IS	9:09.80	
100 BACKSTROKE (Nov.14)		
Nikki Dryden,15,IS	1:05.11	❒1:04.70
Lori Melien,18,UCSC	1:05.23	1:04.85
Anne-M.Andersen,18,UCSC	1:05.86	1:05.14
Beth Hazel,16,EPS	1:06.12	1:05.47
Christine Jeffrey,17,GMAC	1:06.97	1:06.42
Anne Barnes,20,UCSC	1:06.36	1:06.50
Kathy Monar,15,GOLD	1:07.02	1:07.09
Joanne Malar,15,HWAC	1:06.73	1:07.29
Cons: Katrina Walters,15,PSW	1:07.67	1:06.69
200 BACKSTROKE (Nov.17)		
Nikki Dryden,15,IS	2:20.32	2:17.23
Beth Hazel,16,EPS	2:22.00	2:19.13
Joanne Malar,15,HWAC	2:21.08	2:20.57
Anne-M.Andersen,18,UCSC	2:22.54	2:21.41
Katrina Walters,15,PSW	2:21.85	2:21.91
Christine Jeffrey,17,GMAC	2:22.97	2:22.96
Jennifer Thompson,18,EPS	2:23.42	2:23.65
Lori Melien,18,UCSC	2:23.83	2:24.30
Cons: Shyanne Shannon,14,TIDE	2:25.55	2:22.02
100 BREASTSTROKE (Nov.17)		
Guylaine Cloutier,19,ELITE	1:11.49	✳1:10.74
Lisa Flood,19,PICK	1:13.30	1:12.07
Marianne Limpert,18,NYAC	1:13.49	1:12.84
Lisa Blackburn,18,GO	1:14.14	1:12.87
Nathalie Giguere,17,SELCT	1:14.67	1:14.20
Chantal Dubois,16,SELCT	1:14.41	1:14.50
Megan Sullivan,16,MUSAC	1:14.53	1:14.70
Carmen Boudreau,19,PDSA	1:15.03	1:14.87
Cons: Steph.Richardson,13,NYAC	1:16.62	1:15.76
200 BREASTSTROKE (Nov.14)		
Guylaine Cloutier,19,ELITE	2:32.60	✳2:31.66
Lisa Flood,19,PICK	2:40.01	2:35.73
Chantal Dubois,16,SELCT	2:38.80	2:36.36
Lisa Blackburn,18,GO	2:40.70	2:38.48
Carmen Boudreau,19,PDSA	2:39.32	2:40.78
Stephanie Richardson,13,NYAC	2:43.20	2:41.51
Sheila Hewerdine,16,LAC	2:42.55	2:41.72
Laura Adams,17,NEW	2:42.91	2:42.57
Cons: Tara Higgins,16,ROW	2:43.97	2:43.13
100 BUTTERFLY (Nov.15)		
Sarah Evanetz,15,PDSA	1:02.81	❒1:02.12
Kristin Topham,17,EPS	1:02.11	1:02.42
Lori Melien,17,UCSC	1:02.61	1:02.73
Beth Hazel,16,EPS	1:03.34	1:02.74
Debbie Gaudin,20,EKSC	1:03.58	1:02.85
Beth Hollihan,18,NYAC	1:03.06	1:03.00
Lisa Woods,21,IS	1:03.93	1:03.68
Mojca Cater,20,EKSC	1:03.92	1:03.91
Cons: Maria Gaudin,17,EKSC	1:04.03	1:03.43
200 BUTTERFLY (Nov.16)		
Mojca Cater,20,EKSC	2:14.68	2:15.18
Maria Gaudin,17,EKSC	2:16.96	2:15.29
Beth Hollihan,18,NYAC	2:18.04	2:15.52
Beth Hazel,16,EPS	2:17.46	2:16.73
Jacynthe Pineau,16,SELCT	2:18.41	2:17.10
Leanne Wilkinson,15,IS	2:19.72	2:18.66
Sheila Hewerdine,16,LAC	2:19.48	2:19.60
Adrienne Kovacs,20,NYAC	2:20.29	2:21.44
Cons: Debbie Gaudin,20,EKSC	2:20.62	2:20.03
200 INDIVIDUAL MEDLEY (Nov.16)		
Marianne Limpert,18,NYAC	2:20.81	✳2:16.74
Joanne Malar,15,.HWAC	2:22.34	2:20.58
Lisa Woods,21,IS	2:23.02	2:21.86
Christine Jeffrey,17,GMAC	2:22.80	2:22.10
Sheila Hewerdine,16,LAC	2:23.88	2:22.50
Caroline Teskey,21,UNATT	2:24.03	2:23.26
Allison Barriscale,14,IS	2:23.88	2:23.88
Julie Durward,18,PDSA	2:23.79	2:24.09
Cons: Jocelyn Jay,18,BRANT	2:25.00	2:24.37
Nancy Sweetnam,17,LLSC	2:20.63	scr
400 INDIVIDUAL MEDLEY (Nov.13)		
Nancy Sweetnam,17,LLSC	4:58.26	✳4:51.05
Christine Jeffrey,17,GMAC	4:57.50	4:55.80
Tara Seymour,18,EKSC	5:00.10	4:56.62
Mojca Cater,20,EKSC	5:00.94	4:56.76
Jocelyn Jay,18,BRANT	5:02.93	4:57.73
Joanne Malar,15,HWAC	5:00.40	4:58.01
Sheila Hewerdine,16,LAC	4:57.97	5:00.89
Lisa Woods,21,IS	5:03.52	5:02.79
Cons: Caroline Teskey,21,UNATT	5:08.58	5:02.28

MEN

50 FREESTYLE (Nov.17)		
Dean Kondziolka,18,TOMAC	0:23.03	✳0:22.99
Steven VanderMeulen,21,UCSC	0:23.62	0:23.68
Regent Lacoursiere,23,PCSC	0:24.22	0:23.75
Sebasten Goulet,19,POLAR	0:23.97	0:23.83
Blair Hicken,25,NYAC	0:23.99	0:23.83
Rick Cosgrove,21,EPS	0:23.83	0:23.87
Tarek Raafat,23,GO	0:23.98	0:24.14
Ron Page,22,PDSA	0:24.10	0:24.22
Cons: Stephane Hebert,21,SELCT	0:24.46	0:24.24
100 FREESTYLE (Nov.15)		
Sandy Goss,23,EPS	0:51.12	❒0:51.39
Steven VanderMeulen,21,UCSC	0:51.34	❒0:51.44
Stephane Hebert,21,SELCT	0:51.74	❒0:51.68
Sebastien Goulet,19,POLAR	0:51.68	0:51.73
Darren Ward,21,UCSC	0:51.60	0:51.76
Dean Kondziolka,18,TOMAC	0:51.73	0:51.91
Regent Lacoursiere,23,PCSC	0:51.92	0:52.27
Marc Daoust,20,POLAR	0:52.14	0:52.45
Cons: Frank Samel,17,EPS	0:52.53	0:52.33
200 FREESTYLE (Nov.13)		
Turlough O'Hare,21,PDSA	1:50.58	✳1:50.25
Eddie Parenti,19,NKSC	1:52.92	❒1:51.27
Darren Ward,21,UCSC	1:52.30	❒1:51.48
Paul Szekula,22,EPS	1:52.53	❒1:51.95
Steven VanderMeulen,21,UCSC	1:53.36	1:52.36
Jon Kelly,21,IS	1:53.11	1:52.81
Brett Regan,19,IS	1:53.36	1:53.53
Stan McLaurin,19,GO	1:53.50	1:54.38
Cons: Gary V'd'Meulen,24,UCSC	1:54.49	1:53.32
400 FREESTYLE (Nov.15)		
Turlough O'Hare,21,PDSA	3:59.36	3:53.69
Eddie Parenti,19,NKSC	4:01.55	3:57.86
Brett Regan,19,IS	4:00.71	3:59.28
Chris Bowie,24,EKSC	4:01.56	3:59.36
Paul Deshaies,19,SHER	4:02.38	3:59.45
Dave McLellan,17,LAC	4:01.72	3:59.75
David Chisholm,18,LAC	4:02.59	4:01.22
Robbie McFarlane,16,GOLD	4:03.82	4:01.84
Cons: Paul Sanders,17,LAC	4:04.31	4:02.68
1500 FREESTYLE (Nov.16 heats, 17 finals)		
Harry Taylor,22,EKSC	15:57.76	✳15:27.85
Dave McLellan,17,LAC	15:55.05	15:32.40
Paul Deshaies,19,SHER	15:49.23	15:38.64

Turlough O'Hare,21,PDSA	15:45.56	15:46.25
Bill Lomax,18,EKSC	15:49.11	15:50.95
Chris Bowie,24,EKSC	16:04.06	15:57.98
Owen VonRichter,15,EPS	15:59.96	16:00.91
Greg Streppel,22,IS	16:09.04	16:03.79
Cons: Jayson Knack,17,BRANT	16:13.29	
100 BACKSTROKE (Nov.17)		
Kevin Draxinger,23,PDSA	0:58.91	0:57.72
Deke Botsford,23,EPS	0:57.72	0:57.83
Mark Tewksbury,22,UCSC	0:58.39	0:57.92
Paul Szekula,22,EPS	0:59.08	0:58.03
Raymond Brown,21,UNATT	0:58.08	0:58.05
Stephen Hulford,19,ROW	0:59.07	0:58.90
Tarek Raafat,23,GO	0:59.71	0:59.32
Jeff Welechuk,20,EKSC	0:59.90	0:59.38
Cons: Yves Guillemette,20,SELCT	1:01.02	0:59.96
200 BACKSTROKE (Nov.14)		
Paul Szekula,22,EPS	2:07.98	2:03.64
Deke Botsford,23,EPS	2:07.65	2:05.10
Rick Cosgrove,21,EPS	2:08.83	2:05.39
Stephen Hulford,19,ROW	2:07.38	2:06.08
Mark Tewksbury,22,UCSC	2:07.91	2:08.50
Yves Guillemette,20,SELCT	2:10.22	2:09.38
Duane Dobko,17,AAC	2:10.23	2:10.22
Jeff Welechuk,20,EKSC	2:10.10	2:10.41
100 BREASTSTROKE (Nov.13)		
Mike Mason,16,EPS	1:04.46	❒1:04.23
Robert Fox,22,EKSC	1:05.09	1:04.31
Stephen Shumka,19,IS	1:05.55	1:04.80
Jon Cleveland,19,UCSC	1:05.27	1:04.99
Kelvin Mortimer,21,PDSA	1:05.91	1:05.10
Curtis Myden,16,UCSC	1:05.11	1:05.31
Cameron Grant,20,EKSC	1:05.45	1:05.43
Steve Gombai,20,UNATT	1:06.09	1:05.53
Cons: Rick Cosgrove,21,EPS	1:06.55	1:06.63
200 BREASTSTROKE (Nov.16)		
Mike Mason,16,EPS	2:17.66	✻2:16.43
Robert Fox,22,EKSC	2:21.08	2:17.15
Andrew Trussler,18,GO	2:21.38	2:19.23
Cameron Grant,20,EKSC	2:20.51	2:20.35
Steve Gombai,20,UNATT	2:21.09	2:20.53
Mike Lamothe,17,GO	2:21.30	2:21.92
Curtis Myden,16,UCSC	2:22.25	2:23.33
Jesse Jodoin,18,CNO	2:22.00	2:23.62
Cons: Stephen Baird,17,GO	2:24.02	2:22.10
100 BUTTERFLY (Nov.14)		
Tom Ponting,24,UCSC	0:54.63	✻0:54.77
Sebastien Goulet,19,POLAR	0:55.98	0:55.60
Gary VanderMeulen,24,UCSC	0:56.26	0:56.16
Stephane Hebert,21,SELCT	0:56.86	0:56.39
Andrew Boyd,20,NYAC	0:56.67	0:56.51
Eddie Parenti,19,NKSC	0:56.79	0:56.67
Jon Kelly,24,IS	0:56.88	0:56.98
Ron Page,22,PDSA	0:57.13	0:56.99
Cons: Rob McFarlane,16,GOLD	0:57.27	0:57.23
200 BUTTERFLY (Nov.16)		
Jon Kelly,24,IS	2:01.22	2:01.23
Eddie Parenti,19,NKSC	2:04.91	2:03.16
Mike Meldrum,22,UCSC	2:04.06	2:03.83
Louis-M.Girouard,23,UCSC	2:04.34	2:04.45
Stan McLaurin,19,GO	2:05.76	2:04.66
Andrew Boyd,20,NYAC	2:05.48	2:04.80
Dave Chisholm,18,LAC	2:06.46	2:05.77
Rob Sampson,16,GO	2:06.32	2:08.29
Cons: Simon Eberlie,16,LAC	2:08.07	2:07.08
200 INDIVIDUAL MEDLEY (Nov.17)		
Darren Ward,21,UCSC	2:04.64	✻2:03.99
Steve Lutz,20,NYAC	2:06.03	2:05.36
Ron Watson,21,NYAC	2:08.42	2:05.97
Curtis Myden,16,UCSC	2:07.85	2:06.66
Yves Guillemette,20,SELCT	2:09.04	2:06.76
Dave Bowie,19,EKSC	2:08.50	2:08.13
Stephen Baird,17,GO	2:09.93	2:09.54
Andrew Smith,18,GO	2:10.20	2:10.02
Cons: Jasen Pratt,18,EKSC	2:11.09	2:09.72
Raymond Brown,21,UNATT	2:07.27 scr	
400 INDIVIDUAL MEDLEY (Nov.14)		
Darren Ward,21,UCSC	4:26.24	✻4:23.14
Curtis Myden,16,UCSC	4:29.68	✻4:25.21
Mike Meldrum,22,UCSC	4:29.22	4:25.84
Stephen Baird,17,GO	4:30.29	4:27.09
Jasen Pratt,18,EKSC	4:30.99	4:27.43
Raymond Brown,21,UNATT	4:30.37	4:29.13
Jean-P.Cote,20,UCSC	4:33.74	4:32.15
David Bowie,19,EKSC	4:34.05	4:34.86
Cons: Jayson Knack,17,BRANT	4:36.89	4:35.23

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1990 WORLD CHAMPIONSHIPS TEAM

Pre-Qualifiers at Summer Nationals

Keltie Duggan, EKSC	100 breast, 4x100 Medley (breast)
Nathalie Giguere, SELCT	200 breast
Nancy Sweetnam,LLSC	200 IM, 400 IM (Nov.Trials)
Gary Anderson,NYAC	200 IM
Jon Cleveland,UCSC	200 breast
Kevin Draxinger,PDSA	200 back
Marcel Gery,NYAC	100 fly, 4x100 Medley (fly)
Mark Tewksbury,UCSC	100 back, 4x100 Medley (back)
Gary VanderMeulen,UCSC	200 fly

November Trials Individual Qualifiers

Guylaine Cloutier,ELITE	100 breast, 200 breast
Marianne Limpert,NYAC	200 IM
Turlough O'Hare,PDSA	200 free, 4x200 free
Dean Kondziolka,TOMAC	50 free
Mike Mason,EPS	200 breast, 4x100 Medley (breast)
Curtis Myden,UCSC	400 IM
Tom Ponting,UCSC	100 fly
Harry Taylor,EKSC	1500 free
Darren Ward,UCSC	200 IM, 400 IM

November Trials Relay Qualifiers

Kathy Bald,NYAC	4x200 free
Julie Barbeau,ELITE	4x200 free
Nikki Dryden,IS	4x100 Medley (back)
Sarah Evanezt,PDSA	4x100 Medley (fly)
Allison Higson,UCSC	4x200 free
Patricia Levesque,SELCT	4x100 free
Patricia Noall,CNMN	4x100 free, 4x200 free
Andrea Nugent,UCSC	4x100 free
Sandy Goss,EPS	4x100 free, 4x100 Medley
Stephane Hebert,SELCT	4x100 free
Eddie Parenti,NKSC	4x200 free
Paul Szekula,EPS	4x200 free
Steven VanderMeulen,UCSC	4x100 free

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NATIONAL NEWS
SWIMMING/NATATION CANADA

ANNUAL GENERAL MEETING 1990

Over 150 swimming enthusiasts gathered at the Delta Montreal, November 19-21, to take part in SNC's 1990 Annual General Meeting.

"The spirit of excellence" was the theme for this year's annual gathering.

As in the past, the weekend officially began with the Board of Directors Meeting which lasted all day on Friday. It was at this meeting that Saint John, New Brunswick was confirmed as the site for the 1993 Winter Nationals.

In the evening, delegates were treated to a special presentation on membership computerization by the Quebec swimming federation as well as a sponsor profile night and reception hosted by the association's official travel agency, KN Travel.

Saturday was filled with presentations on a wide variety of topics including altitude training, the CTV television network, the professionalization of coaching, the GST, as well as the Olympic Development Plan and Long Distance Swimming.

The annual banquet was a definite highlight of the weekend. It began with a reception hosted by the Quebec swimming federation and followed with a very entertaining dinner emceed by FNQ executive director (and part-time stand-up comedian!) Edgar Théorêt.

Direct all questions to:
SWIMMING
NATATION CANADA
1600 James Naismith Dr.
Gloucester, Ontario, K1B 5N4
Tel (613)748-5673 Fax (613)748-5715

NATIONAL NEWS is a publication of Swimming/Natation Canada presented as a paid insert in *SWIM CANADA* magazine. Any opinions or policies expressed in this insert are those of Swimming/Natation Canada unless expressly indicated otherwise.

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SNC's 1990-91 Board of Directors: Left to Right
Back - Gerry Thomas (Past President), Alain Lefebvre (CSCA Rep.), Ken Turner (Saskatchewan Rep.), Glenn Rainbird (Director-at-Large), E. Allan Harvey (FINA Bureau Member), Walter Montgomery (Director-at-Large), Flip Filippelli (FINA Technical Committee), Bernard Charron (Director-at-Large), Rob Campbell (Director-at-Large)
Front - Vlastimil Cerny (National Team Rep.), Les Price (B.C. Rep.), Nancy Sears (New Brunswick Rep.), Micheline Gravel (Quebec Rep.), Margo Duncan (Nova Scotia Rep.), Ben Meulenbeld (Vice President), Tom Pinckard (President and Chairman of the Board), Barney Bree (P.E.I. Rep.), Ollie Currie (Director-at-Large), Anne Soucie (Director-at-Large), Hersh Gordon (Ontario Rep.)
Missing: Cheryl Gibson (Director-at-Large), Leslie Smith (Manitoba Rep.), Newfoundland Rep.

Following the meal, guest speaker Bruce Robertson delivered an inspirational speech on the meaning of "excellence" and Swim Saskatchewan President Bill McFarlane was name Administrator of the Year. Special recognition awards went to Leo Paul Bonin and Roger Massy, and the President's Award was given to Anne Montgomery, Glenn Rainbird and Ken Turner. As well, special sponsor recognition awards were presented to Swimming/Natation Canada sponsors who were able to attend the dinner. For fun and entertainment, a series of acrobatic skits was performed throughout the dinner by members of La cirque du soleil.

The Annual General Meeting took place on Sunday morning, which resulted in the passing of the following significant notice of motion regarding membership:

Class III members shall be those clubs who are in the top six positions in the combined team standings at the Summer National Championships, who have applied for membership and who are registered with SNC as Class III members.

As well, new Directors-At-Large were elected to the board. They are: Rob Campbell (Ontario), Bernard Charron (Quebec), Walter Montgomery (Ontario) and Glenn Rainbird (Ontario).

The AGM was followed by a meeting of the new Board of Directors for 1990-91. At this final meeting, Tom Pinckard was acclaimed as SNC President and Ben Meulenbeld was acclaimed as Vice President. Bernard Charron, Rob Campbell and Anne Soucie were also elected to the executive committee.

Saskatoon will be the site of next year's annual meeting in October 1991.

SNELLING HONOURED AT CAC'S AWARDS NIGHT

Congratulations to 1992 co-Olympic Coach Deryk Snelling who was one of two coaches in the individual sport category to

win a 3M Coaching Canada Awards at the Coaching Association of Canada's annual awards night in Ottawa on October 24th.

Snelling was honoured in recognition of the fact that he has been a driving force in Canadian swimming for more than 20 years.

WINTER NATIONALS INFO

The 60-day notice for the 1991 Winter Nationals in Calgary was recently mailed out to all clubs that have participated in national meets during the last year. Any other clubs wishing to receive a copy of the information package should contact the provincial office or Josey Corbo at the national office (613) 748-5673.

SWIMMING DEVELOPMENT CENTRES RECEIVE POSITIVE FEEDBACK

"It was exciting and fun. We learned a lot of new things."

"I learned what kind of a person and swimmer I am"

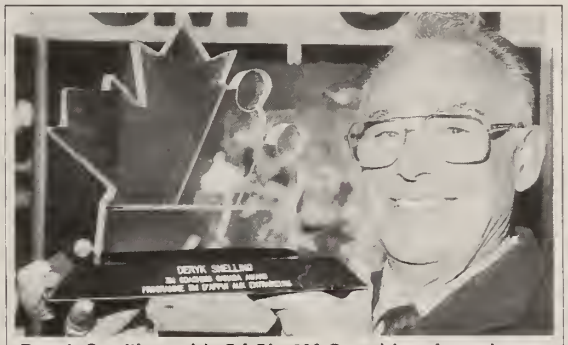
"I especially enjoyed the session on motivation and I really liked the teachers. I thought there was the right amount of swimming and I liked the role-playing."

"I thought that the information in each session was really good and well-prepared. I learned a lot more than I thought I would. Now when I swim, I'm thinking more about my stroke."

"I liked how we switched from classroom to pool. I was amazed at how much I learned and I'm really looking forward to the next camp."

These are just a few of the encouraging comments that participants have expressed following their first experience at Swimming Canada's Swimming Development Centres.

Since the program began in September, 18 Swimming Development Centre camps have been held in the following cities across Canada: Vancouver, Edmonton, Regina, Waterloo, Toronto, Kingston, Montreal, Quebec City and Halifax. In just three


Deryk Snelling with CAC's 3M Coaching Award

months, the SDC program has involved 585 swimmers, 90 coaches and 64 faculty members for a total of 739 individual SDC experiences!

This number is only the beginning. Currently, Swimming Canada is working toward the integration of the NCCP Level 1 and 2 with the Swimming Development Centre program. This will enhance the learning environment provided by the SDC's and allow each province to offer a more practical learning opportunity to coaches across Canada.

SNC COACH SELECTION PROCEDURE

To be eligible for selection to a Canadian team, a coach must have accumulated the required performance points as per the following scale based on world rankigs:

POINTS
5—Top 3 /2 country, current year.
4—Top 8 /2 country, current year.
3—Top 16 /2 country, current year.
2—Top 50, current year.
1—Top 75, current year.

A coach must have actively coached the swimmer for a period of six months in order to be eligible to claim performances done by that swimmer.

A coaching eligibility list will be established after the final international competition of the summer season, and will be updated from time to time during the year.

Coaches who change clubs and have 7 or more points accumulated from more than one swimmer are automatically given a 12 month extension of eligibility and credited with 3 points.

Coaches who change clubs and have 4 or more points accumulated from more than one swimmer are automatically given a 12 month extension of eligibility and credited with 2 points.

Coaches who exclusively coach a CIAU team, will be scored based on the swimmer's summer performances.

Designated assistant coaches of clubs with four national team members (and five ranked swims in the World top 50) are eligible as assistant coaches to minor games and tour teams, and head coach on B Teams/Tours.

ADDITIONAL CRITERIA:

Head Coach: MAJOR GAMES **(Olympics, Worlds, Commonwealths)**
- Minimum of 7 performance points
- Minimum of 3 athletes in top 75
- Minimum of 3 previous national tours
- Coached in Canada 4 years or more
- Canadian citizenship

Assistant Coach: MAJOR GAMES
- Minimum of 3 performance points
- Minimum of 2 previous national tours
- Coached in Canada 3 years or more

Head Coach: Minor Games / Tour Teams **(Pan Ams, Pan Pacs, FISU's, European Tours)**
- Minimum of 3 performance points
- Minimum of 2 previous national tours
- Coached in Canada 3 years or more

Assistant Coach: Minor Games/Tour Teams
- Minimum of 2 performance points
- Coached in Canada 2 years or more

Head Coach: Dual Meets / Junior Tours / B Teams / Youth Tours
- Minimum of 2 performance points
- Minimum of 1 previous national tour
- Coached in Canada 3 years or more

Assistant Coach: Dual Meets / Junior Tours / B Teams / Youth Tours
- Minimum of 1 performance point or 2 or more team members
- Coached in Canada 2 years or more

Head Coach: World Cup
- Minimum of 3 performance points

- Coached in Canada 3 years or more

Assistant Coach: World Cup
- Minimum of 1 performance point or 2 or more team members
- Coached in Canada 1 year or more

University Coaches: FISU/Dual Meets/B Teams
- Minimum of 2 performance points
- Coached university for 1 year or more

With the exception of the Olympic head coaches, all coaching and staff appointments are the responsibility of the Vice President, Technical Programs and International Operations who may involve the Olympic head coaches and/or the respective games head coaches in the various selection processes.

All coaches will be required to execute a coaches contract with SNC before appointments are confirmed.

1990 COACH SELECTION POINTS

Deryk Snelling	35	Murray Drudge	3
Clifford Barry	25	Bruce Gibson	3
Dave Johnson	21	Eric Kremer	3
Byron MacDonald	19	Kevin Auger	2
Tom Johnson	14	Nick Baker	2
Benoit Lebrun	10	Brian Cartlidge	2
Ron Jacks	7	Mark Fellner	2
Eduard Levites	6	Sam Montgomery	2
Paul Midgley	4	Paul Naisby	2
Gaye Stratten	4	Tom Arusoo	1
Marian Sweetnam	4	Karim Boulos	1
Bill Barton	3	Russ Franklin	1
Pierre Bedard	3	Randy Makarenko	1
Stephane Bedard	3		

1991 SELECTION CRITERIA

The following selection criteria has been reviewed and approved by the Olympic coaches and the CSCA and are now in place for 1991.

Pan American Games

Havana, Aug. 2-18(swimming 11-17)

The Pan American Games Team will be comprised of 12 male and 12 female swimmers.

The first eligible* swimmer in each Olympic event at the Winter National Championships will be automatically selected to the Pan American Games Team.

If any swimmer declines selection, the next placed swimmer is not automatically selected. Additional swimmers will be added to the team based on their performance in finals (top 8), using the world performance charts. The highest scoring swimmers will be selected, to a maximum of 2 swimmers per event, and 12 male and/or females.

Relay swimmers will be selected from within the team complement.

* To compete in the Pan American Games, you must be a Canadian citizen and passport holder.

Individual qualifiers for the World Aquatic Championships in Perth are ineligible for selection.

Swimmers can **not** swim in both the Pan American Games and the Pan Pacific Championships.

A swimmer may decline selection to the Pan American Games team, however once selection is accepted and confirmed, he/she is ineligible for the Pan Pacific team.

The Pan American Games team swimmers may be required to compete in all or part of the Summer Nationals (July 31-August 3).

FISU Games

Sheffield, England

July 13-24 (swimming 15-20)

The FISU Games Team will be comprised of 12 male and 12 female swimmers.

The fastest eligible* swimmer in each Olympic event, from either the Winter Nationals or the CIAU's (time in finals only - Top 8) will be automatically selected to the FISU Games Team.

If any swimmer declines selection, the next placed swimmer is **not** automatically selected. Additional swimmers will be added to the team based on their performance in finals (top 8) in either competition, using the world performance charts. The highest scoring swimmers will be selected, to a maximum of 2 swimmers per event, and 12 male and/or females.

Relay swimmers will be selected from within the team complement.

* To compete in the FISU Games a swimmer must be attending an institute of further education recognised by the CIAU. (University, College, or CEGEP)

Swimmers are not allowed to be part of both the FISU and Pan American Games Teams.

Pan Pacific Championships

Edmonton, Alberta, August 22-25th.

The first two eligible* swimmers (selected according to final placing) in each Pan Pacific individual event at the 1991 Summer Nationals, will be automatically selected to the Pan Pacific team.

If a first or second ranked swimmer declines selection, the next placed swimmer/s will be automatically selected to the team.

The third and fourth placed swimmers in the 100 & 200 Freestyle events are automatic selections.

If a relay swimmer declines selection, the selection committee will first consider alternates from within the team complement before additional selections.

* Canadian swimmers are not allowed to compete in both the Pan American Games and the Pan Pacific Championships.

If a swimmer **withdraws** from the Pan American Games team, after selection has been accepted and confirmed he/she is not eligible for the Pan Pacific team.

8 Nations Youth Competition

Rome, Italy, March 29-31.

The fastest eligible* swimmer from the Winter Nationals in each 8 Nations event, will be automatically selected to the team. Times done in the finals, Top 8 then Top 16, will take precedence in selection. Where no eligible swimmers qualify for the finals, the fastest heat swimmer will be selected.

Additional swimmers will be selected according to the world performance charts up to a maximum 12 male and 12 female swimmers. An additional relay swimmer may be considered for team selection based on results in both the 100 & 200 freestyles.

* This competition is for boys born 1974 or later girls born 1976 or later.

Youth Concentration Meet

Avila, Spain, July 15-21

This team will be selected from the Youth Championships and will be comprised of 12 male and 12 female swimmers. The selection criteria will be published prior to April 1, 1991.

NATIONAL NEWS
SWIMMING/NATATION CANADA

World Cup
Victoria, BC, April 9-10.

The Canadian World Cup is being held in Victoria and is open to all national qualifiers. The meet will be short course metres and will be the final stop on the World Cup series. It is being held immediately following the U.S. Winter Nationals and a strong international and U.S. participation is expected.

World Cup Series
March/April.

Individual qualifiers for the World Championships are currently the only eligible swimmers on the World Cup circuit.

Swimmers who equal or better the following times in the finals at the Winter Nationals will be considered for selection, based on their ranking (using the 1990 world short course lists) in an event. The number of places available will be announced on or before February 20, 1991.

MEN		WOMEN
22.82	50 Free	26.21
49.62	100 Free	56.40
1:48.30	200 Free	2:00.95
3:50.30	400 Free	4:14.82
	800 Free	8:43.35
15:25.22	1500 Free	
56.93	100 Back	1:04.11
2:02.14	200 Back	2:16.90
1:01.94	100 Breast	1:10.78
2:14.80	200 Breast	2:31.94
54.69	100 Fly	1:02.35
2:01.35	200 Fly	2:14.82
2:03.06	200 IM	2:18.41
4:24.47	400 IM	4:49.82

All Canadian entries to the World Cup series must compete in Victoria.

U.S. Nationals
Seattle, April 1-7.

This meet is open to all qualifiers. For those swimmers who do not have school commitments, it is an ideal double with our own World Cup meet.

1991 COACHES SELECTION

Congratulations to the coaches listed below who have been selected for international appointments to the following competitions:

WORLD CHAMPIONSHIPS:
Dave Johnson,EKSC
Deryk Snelling,UCSC
Bruce Gibson ,POLAR
Benoit Lebrun,SELECT
Long Distance Coach: Ron Jacks, IS

PAN PACIFIC CHAMPIONSHIPS:
Benoit Lebrun,SELECT
Bill Barton,TOMAC
Mike Blondal ,UCSC
Murray Drudge,ROD
Don Packer,EKSC
Tom Johnson,PDSA

PAN AMERICAN GAMES:
Cliff Barry,EPS
Pierre Bedard,ELITE
Sam Montgomery, SPART
Marian Sweetnam, LLSC

FISU GAMES:
Alain Lefebvre,Univ.of Montreal
Francois Laurin,McGill
Gaye Stratten ,McMaster
- a fourth coach—T.B.D.

8 NATIONS YOUTH's:
Jim Fowlie,PDSA
Kevin Auger,GMAC
Karim Boulos,BBF

YOUTH FESTIVAL SPAIN:
Eduard Levites,GO
Nick Baker,PICK
Russ Franklin,PCSC

These selections have been made according to Swimming/Natation Canada's Coach Selection Procedure.

OLYMPIC DEVELOPMENT CAMP PARTICIPANTS

Congratulations to the following swimmers who have been selected to attend Swimming Canada's Olympic Development Camps during the Christmas holidays:

Western Olympic Development Camp
Dec. 26 - Jan. 3 at University of Calgary

Erin Holland,UCSC
Mojca Cater,EKSC
Michelle Sallee,CDSC
Cindy Unruh,SPART
Maria Gaudin,EKSC
Lori Melien,UCSC
David Goodkey,EKSC
David Bowie,EKSC
Jeff Welechuk,EKSC
Robert Fox,EKSC
Mike Meldrum,UCSC
Jasen Pratt,EKSC
Erin Murphy,MAN
Jennifer Goldsmith,CDSC
Gabriella Kuntz,UCSC
Anne-M. Andersen,UCSC
Tara Seymour,EKSC
Danielle Kennedy,CDSC
Claire Matthews,CDSC
Julie Durwood,CDSC
Karen Chow,HYACK
Brandee Alexander,MAN
Jill Lakusiak,MANTA
Bill Lomax,EKSC
Ron Page,PDSC
Jean-Pierre Côté,UCSC
Jaret Abel,EKSC
Michael Browne,OSC
Louis-M. Girouard,UCSC
Robbie McFarlane,GOLD
Mark Phillip,EKSC
Jamie Stevens,MANTA
Sean Swain,UCSC

Head Coach: Tom Johnson, PDSA

Eastern Olympic Development Camp
Dec.26 - Jan. 3 at University of Montreal

Joanne Malar,HWAC
Shyanne Shannon,TIDE
Petrina Lessard,PCSC
Jacynthe Pineau,SELECT
Stephanie Shewchuk,EPS
Peggy Corkum,EPS
Kim Paton,BRANT
Stephanie Lemay,BBF
Beth Hazel,EPS
Chantal Dubois,SELECT
Julia Williams,MAC
Jocelyn Jay,BRANT
Holly McComb,PCSC
Sheila Hewerdine,LAC
Bridgette Davidson,GO
Alicia Hicken,EPS
Paul Deshaies,SHER
David McLellan,LAC
Andrew Trussler,GO
Stephen Baird,GO
David Chisholm,LAC
Rodney Thomas,KEETA
Rob Sampson,GO
Frank Samel,EPS
Ron Forrest,GMAC
Yvan Pepin,ELITE
Paul Sanders,LAC
John Dolynchuk,GMAC
Steve Sweetnam,LLSC
Duane Dobko,AAC
Jason Knack,BRANT
Matt Adams,TRENT

Head Coach: Dave Bance, GOLD

NEW LEVEL 4 AND 5 NCCP APPROVED

Swimming/Natation Canada is pleased to announce that the Coaching Association of Canada has approved SNC's updated Level 4 and 5 Coaching Technical Program. The new program, which focusses on international coaching, will soon be available to all fully certified Level 3 coaches. Coaches who qualify for the new Level 4 and 5 will be advised of the new delivery system and its policies and procedures in the near future.

Tasks 7 and 8 of the NCCP Level 4 and 5 program will be offered after the 1991 Winter Nationals, Sunday Feb.24 and Monday 25, in Calgary.

Eligible coaches will be contacted by Johanne Rocheleau in the near future. Any questions should be directed to Johanne at National Office (613)748-5673.

WEIGHT/STRENGTH/RESISTANCE TRAINING FOR IMPROVED SWIMMING PERFORMANCE

GLEN BELFRY

The Purpose of Resistance Training

At some point in time everyone has seen logs floating aimlessly in a river or lake. Bruno and Ratchet in the *Beachcombers* (admit it, you've watched it at least once) can be seen pulling logs around with their diesel powered logging boats. The power needed to tow these logs is obviously quite substantial. The logs in the water must overcome the water's resistance. As the speed of the log increases, the resistance of the water pushing against the log also increases. Interestingly, this resistance from the water increases at a faster rate than the actual increase in speed. Furthermore, the speed at which the logs can be pulled at are a function of the power of the boat. The more horsepower, the faster the logs can be pulled.

Swimmers have the same characteristics as the logs, with the addition of intelligent matter between the ears. A mature female swimmer weighing 59 kilos (130 lbs) or a male weighing 77 kilos (170 lbs), must have the strength to pull and kick their bodies through the water. The stronger the propulsive muscles, the faster the person can pull themselves through the water.

The point of this discussion is that the muscles must propel the person through the water, and the strength of these muscles is directly related to how fast the person can swim. The shorter the swimming event, the more important strength becomes.

The term "resistance training" is used to define different types of weight training and other ways that the muscles can be overloaded to produce an increase in strength.

Muscle groups: Specificity of Training.

The most important concept that must be adhered to for a swimmers best performance is *Specificity of Training*. In other words, weight training or any type of training must be specific to the muscles, movements and the speed at which these movements will be performed.

Since weight, or more specifically, resistance training is being dealt with here, the first question that must be asked is what muscles or movements are to be trained.

Exercises for Training the Upper Body.

The arm action of freestyle, butterfly and backstroke are similar through not identical in muscles recruited. The pulls of these strokes will be divided into three phases and specific exercises note to strengthen the different phases.

1) The catch phases: the point from where the hand enters the water to a point approximately 20 to 30 centimetres (8 to 12 inches) from point of entry.

Exercises:

A) Bench press. Done above head and neck, as opposed to the chest)

B) Arm raises. Lying on back, arms out stretched above head, moving the weight (dumbbells, bar bells etc) from the floor to eye level, with arms slightly bent.

C) Using tubing, out of the water, at high resistance while bent over in swimming position.

2) Propulsive phase: This covers the most distance. From the arm's position at the end of the catch to a point at the approximate level of the belt line.

Exercises:

A) "Lat" pulldowns on Universal machine.

B. Nautilus pullover.

C. Rope climbing.

D. Getting out of the pool in the deep end.

E. Tubing, out of the water, bent over in swimming position.

F. Swim bench.

G. Chin ups.

3) The finish: The hand's position from approximately the belt line to the end of the stroke. This is primarily extension (straightening) of the elbow joint, predominantly recruiting the triceps muscles in the back (posterior) of the upper arm.

A. Push ups.

B. Bench press.

C. Tricep extensions:

1. With tubing; bent over in swimming postition,

2. dips; on parallel bars or in the pool, raising and lowering the body from elbows straight position to elbows bent position,

3. Universal Machine; overhead press, standing with elbows at right angles, then straighten arms,

4. Medicine balls, chest pass; lying on back using medicine ball for the bench press action.

The main propulsive phase in breaststroke is unique. The movement begins in a position much like the old "Stick 'em up" pose and then the arms are moved toward each other.

Exercises:

A. This movement is best simulated with a "pec deck" weight machine, but can also be accomplished lying down with bar bells.

B. The bench press motion is acceptable, but is definitely not the best exercise to simulate this movement.

The objective of the previous section of the article is to detail why strength training is important for fast swimming and to describe specific exercises that can be performed to work on the muscles of the arms for the different strokes.

Relationship between Muscle and Energy

Briefly, resistance training (weights, machines, tubing, or using body weight) involves the relationship between the amount of force a muscle can generate and the system that produces fuel for the muscle to function. It is much like the relationship between the size of a combustion engine and the availability and type of fuel.

The objective of strength training is to increase a muscles ability to generate more force. The actual physical components of the muscles adapt so they become "stronger". Muscles like any type of machine that does work need fuel or energy. The energy producing systems within the muscle must also be trained to increase their ability to produce energy faster and/or for longer periods of time. It is fine for a muscle to become stronger, but it also must be able to produce fuel fast enough to accommodate the increase in strength. The more force (strength) the muscle is capable of generating, the faster the muscle must produce energy to maintain that force output.

Strength and Speed

Strength is important for all events and, as mentioned earlier, the shorter the event the more important it becomes. There are four swimming events at 100 metres (approximately 60 seconds duration), five events at 200 metres (approximately two minutes duration) and one event 50 metres (approximately 25 seconds). Of the 14 individual events, ten events are two minutes or less. It has been demonstrated by university age male athletes on a Nautilus pullover machine that 80 repetitions of 120 lbs can be completed in two minutes and 40 repetitions with 150 lbs in 60 seconds (these number of repetitions are very close to the number of strokes elite swimmers would take for a 200 and 100 metre race). These results are not unusual and give clear indication of the amount of force that must be maintained for 200 and 100 metre events. The bottom line is: One must be strong to swim fast.

Glen Belfry is men's swimming coach at the University of Western Ontario, London, Ont.

BACKWASH

Backwash features short clips, gossip, letters and opinion. Contributions are welcomed. Now for the rumours behind the news.

Watch out Michael Jordan. Here comes Air Meldrum. In swimming it is easy to keep track of who is on top, just look at the rankings. It's the more esoteric aspects of the sport that keep the true Stat Rats puzzled. It seems there might even be a need for a few new categories thanks to UCSC's Jon Cleveland.

When he came to Calgary from the US he brought with him a new event: goggle hanging. To goggle hang, you get a good run, jump (not off the blocks..that's cheating) and try to drop your goggles on the backstroke flags.

The UCSC swimmer with the best percentage is Gary VanderMeulen. Mike Meldrum wins kudos for the best technique and longest hang time and Curtis Myden is remarkable for his approach.

And what about Cleveland? When pressed he will sheepishly admit; *"I broke my toe once doing it, but that hasn't stopped me."*

Look up, look awaaay up. If you arrived a little early at the Olympic pool the night before the events started you might have noticed a lot activity on the tiny catwalk that is suspended four stories above the pool. It seems that only sponsor banners, not club flags are allowed at deck level because of television. It's a good bet that most parents don't know that mountain climbing skills may be a new requirement for officiating.

And the press is always unbiased. Byron MacDonald splits his duties as a swim coach and colour commentator for CTV with ease, but at the Trials his skill as an unbiased announcer came to the test when his hot new swimmer, Marianne Limpert, was swimming. MacDonald coolly announced the race, but as soon as his microphone was off he began cheering, *"Yes, yes, yes!!!"*.

What now? The saddest race of the meet was the 200 fly when Jon Kelly missed making qualifying for the Worlds by 1/100th of a second after having done that time in morning heats. It seems that now his coaches are crying foul. Kelly swam a faster time (2:00.28) winning the US Open in December.

Quotes of the month.

"It can only be described as blowtorch weather; 45C and 40 mile an hour winds. Wwwooosssh." SNC official shrivels at the thought of performances done in an Aussie summer.

"You can thank the Australians for the fact that the whole world is swimming like s—." A French journalist comments on the timing of the Worlds.

"We can now see that hanging by your boots upside down for two years in a row is hard." Tom Johnson, CDSC, on swimming down-under.

Valley Girl quote of the Year. Aaow, gross us out. *"When you're tired, you feel icky. You know, the icky sickness."* Summer Sanders US 400 IM swimmer. (US Swimming News)

It pays to know. *SWIM*, home of the *International Swimming Statisticians Association (ISSA)* just received a note from Kristin Otto. It seems that the GDR golden girl is now studying journalism. Up until this year the East Germans could have cared less about rankings. They were number one, the rest were just fast losers.

Otto's sporting career is now under scrutiny. She is one of the athlete's named recently in a *Stern Magazine* exposé on GDR's state controlled performance enhancing drug program.

It's also been alleged that East German athletes used a nasal spray which contained steroids and stimulants. It could be administered up to three days before a competition without detection.

Never underestimate the fun factor. Anne Jardin, one of Canada's all-time great female swimmers holds no grudges now that the truth about drug use is coming to light. *"We swam because we really loved it. It was fun. I just don't see the kids today having as much fun as we did. Carding had just been implemented, but it wasn't a factor. The only motivation we had to swim was because we enjoyed it and we wanted to excel.*

"I had my own goals, so what the East German women did or used didn't enter into it for me."

Speed Trap. If it wasn't for Ben Johnson, steroid use would still be the insiders unspoken little secret. In his new book Charlie Francis blasts the official blindest to drug use. *The Globe and Mail* quoted him; *"It's interesting how representatives of Sport Canada or the Coaching Assoc. of Canada have been able to visit Liepzig or the Soviet Union over the past 15 years and not come back with the same information I found out from an East German coach with a bottle of scotch and a package of cigarettes.*

"You go there to find out what makes them the best. If you don't know, you're either incredibly stupid or a liar."

Blind study. Dr. D. J. Smith, a sport scientist located in Calgary visited Leipzig, Germany for a sports research conference in September. He submitted a report to SNC on "Swimming Research in the GDR". The areas the report concentrated on were Sport Science, Math, Psychology, Training Apparatus and Biomechanics.

Shaving down is a breeze in comparison. The Australians held their long distance swim trials and the winners are David O'Brien and Shelly Taylor-Smith. Seven swimmers withdrew during the almost six hour race. The male swimmers got out because of the cold (something our swimmers sneer at) water. Tracey Wickham pulled out because of shoulder problems and, *"She had also overdone the amount of grease she applied to herself. This led to some difficultly early in the race."* Who knows, in a strong wind she could have ended up going backwards.

Editor: As I look down at my gold medal so many emotions whelm up inside of me. This is the fulfilment of a goal I set for myself so many years ago.

I can remember as a young swimmer seeing the Canadian Athletes march onto the field at the Olympics. I was so proud f them and decided someday I would represent Canada. That week at practice I asked my coach what I would have to do to make it to the Olympics or the World Championships. I can still remember him stating: "You have to be the best in the country."

From that day I was determined that someday I would be the best in the country. I dreamed of how proud I would be wearing the Canadian suit and representing Canada. When I had down times, as all swimmers do, that dream kept me going. When I was so tired, but had to get up for morning workout, that dream kept me going. When I had to miss school dances and parties because of training I just thought of my goal.

Now here I am in Montréal at World Trials and I have just won my event. *I am the best in the country*. I'm really proud of myself and I know my coaches and and parents are too. In my dream nothing would be able to spoil this moment, but along with happiness and pride are sadness and anger.

Sadness,yes, you see I didn't make the standard set by S.N.C., so I will not be representing Canada in Perth. Coach-you were wrong. Being the best in Canada isn't good enough. You have to be in the top 16 in the world. Would I disgrace my country because I'm not good enough? I am angry! I am the best in the country and I am proud of it. SNC, why are you not proud enough of me to let me represent my country? Is there not more to representing your country than winning? Who is to say that I wouldn't swim better in Perth? I guess it was my anger, for suddenly I am awakened.

For me this was all a dream, but for Mojca Cater, Erin Holland, Bridget Davidson and Jon Kelly this was truly a nightmare. These Champions will be watching Worlds from their home, but in their hearts they know they should be be in Perth.

I think the rest of Canada would agree. It's time SNC realizes that their standards are demoralizing not motivating.

unsigned,
Montréal, Québec

Remember...It's not true until it has been officially denied.

TOP AGE GROUP TIMES

Rankings for the period Sep.1 to Nov.25, 1990

1991 SHORT COURSE TAG®

TAG is financially supported by Swimming Canada. Rankings compiled by SWIM Magazine. Computer program by Advantage Software.

GIRLS 11-12

50 METRES FREESTYLE
Rec: 26.34 L.Melien,AAC,85
26.52 GOLDOCT Shauna Collins,12,ROO
28.14 TOMACNOV Lisa Parwicki,12,EPS
28.38 RODOCT Susan Banman,12,ROO
28.49 TOMACNOV Robin Allen,12,BYAC
28.79 TOMACNOV Erica Morton,12,HWAC
28.90 TOMACNOV Carly Porter,12,EPS
29.22 BRANTNOV Laura Nicholls,12,ROW
29.23 GOLDOCT Andrea Wright,12,ROO
29.67 GOLDOCT Rikki Jannes,11,GOLO
29.74 SJSOCT Samantha Matejicka,12,WAVE
29.81 TOMACNOV Nicole Davey,11,MAC
29.81 OCSCNOV Angela MacAlpine,12,CCSC
29.88 VICONOV Tanya Buziak,12,COMOX
29.90 VICONOV Leanne Hoffman,12,COMOX
30.01 TOMACNOV Cori Upson,12,HWAC
30.05 VICONOV Melissa Krok,11,CDSC
30.31 BRANTNOV Laura McGowan,12,SCAR
30.39 VICONOV Emma Evanetz,12,CDSC
30.43 TOMACNOV Robyn Miller,12,TOMAC
30.45 SJSOCT Kara Brereton,12,MANTA

100 METRES FREESTYLE
Rec: 57.36 L.Melien,AAC,85
57.74 GOLDOCT Shauna Collins,12,ROD
1:01.76 ROOOCT Susan Banman,12,ROD
1:02.00 EPSOCT Lisa Parwicki,12,EPS
1:02.58 TOMACNOV Carly Porter,12,EPS
1:03.09 TOMACNOV Erica Morton,12,HWAC
1:03.54 BROCKNOV Lesley Oake,12,TRENT
1:04.46 GOLDOCT Andrea Wright,12,ROD
1:04.69 DCSCNOV Angela MacAlpine,12,CCSC
1:04.71 BRANTNOV Laura Nicholls,12,ROW
1:04.98 VICONOV Leanne Hoffman,12,COMOX
1:05.20 VICONOV Tanya Buziak,12,COMOX
1:05.66 CWCNOV Megan Gillis,11,CP
1:05.68 BROCKNOV Marsha Clouthier,12,OSHAC
1:05.78 HWACOCT Cori Upson,12,HWAC
1:05.84 VICONOV Melissa Krok,11,CDSC
1:05.99 HWACOCT Robin Allen,12,BYAC
1:06.04 EBSCNOV Jean Ooi,12,EBSC
1:06.31 VICONOV Jackie Sallee,12,CDSC
1:06.36 BRANTNOV Leslie Oowson,12,WISC
1:06.39 GOLDOCT Jocelyn McLeod,12,ROD
1:06.55 MMNOV Kelly Pierce,12,MM
1:06.56 BROCKNOV Mary Ann Siriunas,12,OAK
1:06.62 EBSCNOV Katrina Hudacin,12,EBSC
1:06.65 LASCNOV Lindsay McLennan,12,LEDUC
1:06.70 VICONOV Marlena Prill,12,IS

200 METRES FREESTYLE
Rec: 2:05.41 S.Collins,ROD,90
2:05.41 GOLDOCT Shauna Collins,12,ROO
2:13.67 TOMACNOV Lisa Parwicki,12,EPS
2:15.74 TOMACNOV Susan Furs,12,EPS
2:16.02 BROCKNOV Lesley Oake,12,TRENT
2:18.14 RODOCT Susan Banman,12,ROD
2:19.04 TOMACNOV Carly Porter,12,EPS
2:19.36 TOMACNOV Erica Morton,12,HWAC
2:19.59 BROCKNOV Marsha Clouthier,12,OSHAC
2:19.63 BRANTNOV Leslie Oowson,12,WISC
2:20.19 BRANTNOV Angie Hooker,12,LAC
2:20.63 TOMACNOV Cori Upson,12,HWAC
2:20.82 BROCKNOV Joanne Figliano,12,NEW
2:21.14 VICONOV Melissa Krok,11,COSC
2:21.74 CRKWOCT Cathrin Jones,11,IS
2:21.82 TOMACNOV Michelle Prosek,12,HWAC
2:22.67 GOLDOCT Jocelyn McLeod,12,ROD
2:23.43 VICONOV Tanya Buziak,12,COMOX
2:23.50 GOLDOCT Jenece Hayden,12,SSC
2:23.66 VICONOV Leanne Hoffman,12,COMOX
2:23.70 VICONOV Jackie Sallee,12,CDSC
2:23.80 BROCKNOV Sarah Burke,12,MUSAC
2:24.04 GOLDOCT Andrea Wright,12,ROD
2:24.81 VICONOV Meaghan Power,12,CDSC
2:24.87 TOMACNOV Beth McRae,11,STARS
2:25.26 DCSCNOV Angela MacAlpine,12,CCSC

400 METRES FREESTYLE
Rec: 4:23.93 S.Shewchuk,PCSC,87
4:27.82 GOLDOCT Shauna Collins,12,ROO
4:45.02 VICONOV Jessica Krajicek,12,VCSC
4:47.44 BRANTNOV Elizabeth Warden,12,SCAR
4:48.06 BROCKNOV Joanne Figliano,12,NEW
4:50.85 VICONOV Melissa Krok,11,CDSC
4:53.25 TOMACNOV Susan Furs,12,EPS
4:55.66 CRKWOCT Cathrin Jones,11,IS
4:55.75 BRANTNOV Leslie Oowson,12,WISC
4:57.53 TOMACNOV Michelle Prosek,12,HWAC
4:58.41 VICONOV Leanne Hoffman,12,COMOX
4:59.79 VICONOV Tanya Buziak,12,COMOX
5:02.40 VICONOV Meaghan Power,12,CDSC
5:02.69 BRANTNOV Angie Hooker,12,LAC
5:03.03 DCSCNOV Angela MacAlpine,12,CCSC
5:03.33 TOMACNOV Erica Morton,12,HWAC
5:03.46 GOLDOCT Jocelyn McLeod,12,ROD
5:03.50 BRANTNOV Laura Nicholls,12,ROW
5:04.06 TOMACNOV Carly Porter,12,EPS
5:04.13 BRANTNOV Robin Allen,12,BYAC
5:04.38 TOMACNOV Lisa Parwicki,12,EPS
5:04.51 GOLDOCT Jenece Hayden,12,SSC

800 METRES FREESTYLE
Rec: 8:55.85 S.Shewchuk,PCSC,87
9:15.61 GOLDOCT Shauna Collins,12,ROD
9:45.80 VICONOV Jessica Krajicek,12,VCSC
9:51.60 VICONOV Melissa Krok,11,CDSC
10:01.06 VICONOV Cathrin Jones,11,IS
10:11.51 VICONOV Tanya Buziak,12,COMOX
10:21.92 VICONOV Jackie Sallee,12,CDSC
10:22.75 VICONOV Leanne Hoffman,12,COMOX
10:27.12 VICONOV Sarah Purewal,12,PSW
10:31.70 VICONOV Marlena Prill,12,IS
10:39.34 DCSCNOV Krista Morrison,12,FAST
10:47.12 VICONOV Kelly Ellis,11,PSW
10:49.60 VICONOV Chasin Frew,12,IS
10:59.25 GPPNOV Terra MacCaulay,12,GPP
11:04.35 VICONOV Frieda Kaiser,11,IS

100 METRES BACKSTROKE
Rec: 1:06.23 L.Melien,AAC,85
1:09.34 RODOCT Shauna Collins,12,ROD
1:09.55 ROOOCT Susan Banman,12,ROD
1:10.16 TOMACNOV Lisa Parwicki,12,EPS
1:11.07 BROCKNOV Lesley Oake,12,TRENT
1:12.45 VICONOV Leanne Hoffman,12,COMOX
1:13.21 TOMACNOV Susan Furs,12,EPS
1:14.36 TOMACNOV Ana Cenanovic,12,TOMAC
1:14.80 BROCKNOV Molly Morrice,12,BROCK
1:15.83 HWACOCT Cori Upson,12,HWAC
1:15.84 BRANTNOV Ashleigh Crowder,12,WISC
1:16.16 HWACOCT Erica Morton,12,HWAC
1:16.64 GOLDOCT Lara Browne,12,OSC
1:16.81 TOMACNOV Carly Porter,12,EPS
1:16.83 BRANTNOV Jean Ooi,12,EBSC
1:16.84 TOMACNOV Taryn Stratten,12,HWAC
1:17.06 GOLDOCT Andrea Wright,12,ROD
1:17.34 GOLOOCT Nerissa Harvey,11,EKSC
1:17.36 VICONOV Tanya Buziak,12,COMOX
1:17.66 LASCNOV Johanna Molloy,12,UCSC
1:17.66 TOMACNOV Beth McRae,11,STARS
1:17.74 BROCKNOV Sarah Burke,12,MUSAC
1:17.98 VICONOV Kelly Ellis,11,PSW
1:17.98 VICONOV Sarah Purewal,12,PSW

200 METRES BACKSTROKE
Rec: 2:21.92 L.Melien,AAC,84
2:30.21 GOLDOCT Shauna Collins,12,ROD
2:30.93 UMANOCT Susan Banman,12,ROD
2:32.88 TOMACNOV Lisa Parwicki,12,EPS
2:36.51 BRANTNOV Elizabeth Warden,12,SCAR
2:37.67 BROCKNOV Molly Morrice,12,BROCK
2:37.95 TOMACNOV Susan Furs,12,EPS
2:39.31 BROCKNOV Renee Oake,12,TRENT
2:39.49 TOMACNOV Ana Cenanovic,12,TOMAC
2:39.56 VICONOV Leanne Hoffman,12,COMOX
2:40.81 GOLOOCT Lara Browne,12,OSC
2:41.05 BRANTNOV Ashleigh Crowder,12,WISC
2:42.76 TOMACNOV Cori Upson,12,HWAC
2:43.06 BROCKNOV Joanne Figliano,12,NEW
2:43.85 VICONOV Marlena Prill,12,IS
2:43.87 VICONOV Kelly Ellis,11,PSW
2:44.01 BRANTNOV Sarah Bailie,12,ROW
2:44.04 TOMACNOV Beth McRae,11,STARS
2:44.39 TOMACNOV Erica Morton,12,HWAC
2:44.62 BRANTNOV Jean Ooi,12,EBSC
2:44.65 SJSOCT Ronalee Giffin,12,PPSC
2:45.15 BROCKNOV Marsha Clouthier,12,OSHAC
2:46.05 GOLDOCT Nerissa Harvey,11,EKSC
2:46.08 TOMACNOV Taryn Stratten,12,HWAC
2:46.32 BROCKNOV Sarah Burke,12,MUSAC
2:46.40 BRANTNOV Anne Cassidy,11,EYSC

100 METRES BREASTSTROKE
Rec: 1:10.11 A.Higson,ESC,85
1:19.83 EPSOCT Stephanie Cooling,12,NYAC
1:20.89 TOMACNOV Katie O'Dwyer,11,EPS
1:21.20 TOMACNOV Erica Morton,12,HWAC
1:22.66 BRANTNOV Mandy Salmikivi,12,BOSC
1:22.97 GOLDOCT Jocelyn McLeod,12,ROD
1:22.97 VICONOV Miriam Parks,12,CDSC
1:23.10 TOMACNOV Alina Toma,11,NYAC
1:23.12 GOLDOCT Veronika Colnar,12,RACE
1:23.63 HWACOCT Annemarie Brown,12,HWAC
1:23.70 EPSOCT Carole Cottingham,11,NEW
1:23.83 BROCKNOV Marsha Clouthier,12,OSHAC
1:23.96 TOMACNOV Susan Furs,12,EPS
1:24.08 BROCKNOV Lesley Oake,12,TRENT
1:24.29 GOLDOCT Doris Ho,12,CASC
1:24.42 TOMACNOV Joanna Blakelock,12,TOMAC
1:24.50 TOMACNOV Kim Dix,12,COBRA
1:24.67 BRANTNOV Heather Smith,12,CREST
1:24.89 TOMACNOV Carla DiFilippo,11,HWAC
1:25.00 BRANTNOV Sami Barnes,12,RHAC
1:25.37 GOLOOCT Suzanne Peters,11,CASC
1:25.45 TOMACNOV Sarah Kocicka,12,MAC
1:25.55 VICONOV Emma Evanetz,12,CDSC
1:25.68 BROCKNOV Molly Morrice,12,BROCK
1:25.70 GPPNOV Danielle Dickson,11,YKPB
1:25.78 EPSOCT Lisa Parwicki,12,EPS

200 METRES BREASTSTROKE
Rec: 2:32.10 A.Higson,ESC,85
2:50.24 TOMACNOV Susan Furs,12,EPS
2:52.86 TOMACNOV Carla DiFilippo,12,HWAC
2:53.27 TOMACNOV Erica Morton,12,HWAC
2:54.50 TOMACNOV Katie O'Dwyer,11,EPS
2:54.81 BRANTNOV Elizabeth Warden,12,SCAR
2:55.79 BRANTNOV Willa Bostock,12,NYAC
2:56.96 HWACOCT Annemarie Brown,12,HWAC
2:58.15 BRANTNOV Mandy Salmikivi,12,BOSC
2:59.00 GOLDOCT Veronika Colnar,12,RACE
2:59.00 TOMACNOV Kim Dix,12,COBRA
2:59.08 VICONOV Miriam Parks,12,CDSC
2:59.49 DCSCNOV Jill Jennings,11,TIDE
2:59.51 GOLDOCT Jocelyn McLeod,12,ROD
3:00.30 MMNOV Samantha Matejicka,12,WAVE
3:00.48 TOMACNOV Alina Toma,11,NYAC
3:00.55 BRANTNOV Sami Barnes,12,RHAC
3:00.66 TOMACNOV Jane Axford,12,TOMAC
3:02.60 VICONOV Jessica Krajicek,12,VCSC
3:02.76 BROCKNOV Carole Cottingham,11,NEW
3:02.78 BRANTNOV Heather Smith,12,CREST
3:02.96 VICONOV Marlena Prill,12,IS
3:03.61 BROCKNOV Kristine Sorrento,12,NEW
3:03.99 BROCKNOV Alyson Dalton,11,NEW
3:04.21 GOLDOCT Lara Browne,12,OSC
3:04.71 TOMACNOV Robin Allen,12,BYAC

100 METRES BUTTERFLY
Rec: 1:05.24 A.Barriscale,KMSC,89
1:05.80 GOLDOCT Shauna Collins,12,ROD
1:09.62 TOMACNOV Lisa Parwicki,12,EPS
1:09.84 RODOCT Susan Banman,12,ROD
1:10.93 TOMACNOV Carly Porter,12,EPS
1:11.29 BROCKNOV Marsha Clouthier,12,OSHAC
1:11.86 BRANTNOV Jean Ooi,12,EBSC
1:12.15 VICONOV Tanya Buziak,12,COMOX
1:12.24 TOMACNOV Cori Upson,12,HWAC
1:12.41 BRANTNOV Tiina Kallio,12,WISC
1:12.42 GOLDOCT Doris Ho,12,CASC
1:12.92 TOMACNOV Courtney Hayley,12,GO
1:12.96 BROCKNOV Sarah Burke,12,MUSAC
1:13.20 EPSOCT Stephanie Cooling,12,NYAC
1:13.32 TOMACNOV Beth McRae,11,STARS
1:13.84 BROCKNOV Mary Ann Siriunas,12,OAK
1:14.60 BRANTNOV Elizabeth Warden,12,SCAR
1:14.73 PCSCNOV Angelina Wood,12,PCSC
1:15.31 BROCKNOV Lesley Oake,12,TRENT
1:15.33 BRANTNOV Robin Allen,12,BYAC
1:15.47 VICONOV Meaghan Power,12,CDSC
1:15.71 BRANTNOV Laura Nicholls,12,ROW
1:15.77 HWACOCT Erica Morton,12,HWAC
1:15.87 TOMACNOV Vreneli White,11,TOMAC
1:15.98 LASCNOV Lindsay McLennan,12,LEDUC
1:16.02 TOMACNOV Robyn Miller,12,TOMAC

200 METRES BUTTERFLY
Rec: 2:18.09 M.Coulombe,CNMN,78
2:27.00 GOLDOCT Shauna Collins,12,ROD
2:35.68 TOMACNOV Carly Porter,12,EPS
2:37.74 BROCKNOV Marsha Clouthier,12,OSHAC
2:38.73 BRANTNOV Jean Ooi,12,EBSC
2:39.15 GOLDOCT Doris Ho,12,CASC
2:40.76 UMANOCT Susan Banman,12,ROD
2:41.30 BRANTNOV Tiina Kallio,12,WISC
2:41.93 VICONOV Tanya Buziak,12,COMOX
2:42.21 TOMACNOV Beth McRae,11,STARS
2:42.30 VICONOV Melissa Krok,11,COSC
2:43.35 VICONOV Meaghan Power,12,CDSC
2:44.65 TOMACNOV Vreneli White,11,TOMAC
2:45.03 BROCKNOV Sarah Burke,12,MUSAC
2:46.52 VICONOV Amanda Downing,11,IS
2:46.63 BROCKNOV Carla Greer,11,NKSC
2:46.65 TOMACNOV Cori Upson,12,HWAC
2:47.82 VICONOV Tanya Smith,11,IS
2:48.10 BRANTNOV Elizabeth Warden,12,SCAR
2:48.53 BRANTNOV Sarah Bailie,12,ROW
2:48.85 BROCKNOV Joanne Figliano,12,NEW
2:49.73 BROCKNOV Lesley Oake,12,TRENT
2:49.98 TOMACNOV Susan Furs,12,EPS
2:50.11 TOMACNOV Jane Axford,12,TOMAC
2:50.17 GOLDOCT Jenece Hayden,12,SSC
2:50.40 TOMACNOV Carla DiFilippo,12,HWAC

200 METRES IND.MEDLEY
Rec: 2:19.25 A.Higson,ESC,85
2:32.71 TOMACNOV Lisa Parwicki,12,EPS
2:33.15 BROCKNOV Lesley Oake,12,TRENT
2:33.57 UMANOCT Susan Banman,12,ROD
2:34.04 TOMACNOV Susan Furs,12,EPS
2:35.09 BRANTNOV Elizabeth Warden,12,SCAR
2:35.63 TOMACNOV Erica Morton,12,HWAC
2:37.94 TOMACNOV Carly Porter,12,EPS
2:38.23 VICONOV Leanne Hoffman,12,COMOX
2:38.28 EPSOCT Stephanie Cooling,12,NYAC
2:38.30 BROCKNOV Marsha Clouthier,12,OSHAC
2:39.30 BRANTNOV Jean Ooi,12,EBSC
2:40.65 VICONOV Jessica Krajicek,12,VCSC
2:41.75 TOMACNOV Cori Upson,12,HWAC
2:41.76 BRANTNOV Laura Nicholls,12,ROW
2:42.00 GOLDOCT Jocelyn McLeod,12,ROO
2:42.68 GOLDOCT Ooris Ho,12,CASC
2:42.73 GOLDOCT Rikki Jannes,11,GOLD
2:42.75 VICONOV Melissa Krok,11,CDSC
2:42.84 BRANTNOV Tiina Kallio,12,WISC
2:43.01 VICONOV Marlena Prill,12,IS
2:43.01 BROCKNOV Molly Morrice,12,BROCK
2:43.09 TOMACNOV Courtney Hayley,12,GO
2:43.10 VICONOV Tanya Buziak,12,COMOX
2:43.56 TOMACNOV Katie O'Dwyer,11,EPS
2:44.21 GOLDOCT Lara Browne,12,OSC

400 METRES IND.MEDLEY
Rec: 4:55.03 A.Higson,ESC,85
5:23.62 BRANTNOV Elizabeth Warden,12,SCAR
5:24.22 RODOCT Susan Banman,12,ROD
5:32.42 BRANTNOV Jean Ooi,12,EBSC
5:37.52 VICONOV Leanne Hoffman,12,COMOX
5:40.82 VICONOV Melissa Krok,11,CDSC
5:41.12 GOLDOCT Jocelyn McLeod,12,ROD
5:41.73 VICONOV Jessica Krajicek,12,VCSC
5:42.01 GOLDOCT Jenece Hayden,12,SSC
5:42.70 VICONOV Marlena Prill,12,IS
5:42.87 BRANTNOV Leslie Dowson,12,WISC
5:45.80 GOLDOCT Rikki Jannes,11,GOLD
5:47.02 VICONOV Tanya Buziak,12,COMOX
5:48.43 VICONOV Cathrin Jones,11,IS
5:49.23 VICONOV Meaghan Power,12,CDSC
5:49.55 VICONOV Kristine McGraw,11,IS
5:49.60 BRANTNOV Laura Nicholls,11,ROW
5:49.99 VICONOV Sarah Purewal,12,PSW
5:50.32 DCSCNOV Krista Morrison,12,FAST
5:50.35 BRANTNOV Sarah Bailie,12,ROW
5:50.59 VICONOV Amanda Downing,11,IS
5:50.75 GOLDOCT Veronika Colnar,12,RACE
5:54.34 GOLDOCT Nerissa Harvey,11,EKSC

4X50 M MEDLEY RELAY
Rec: 2:10.33 Edmonton Keyano,EKSC,83
2:11.34 RODOCT Regina Opt.Dolphins,ROD
2:13.26 TOMACNOV Etobicoke Pepsi,EPS
2:18.44 HWACOCT Hamilt-Wentworth AC,HWAC
2:18.44 VICONOV Canadian Dolphin SC,CDSC
2:20.69 BRANTNOV Region of Waterloo,ROW
2:21.29 TOMACNOV Mississauga AC,TOMAC
2:22.09 BRANTNOV East York SC,EYSC
2:22.87 BRANTNOV Whitby Iroquois SC,WISC
2:23.06 BROCKNOV Newmarket SC,NEW
2:23.16 BRANTNOV North York AC,NYAC
2:24.22 GOLDOCT Cascade Swim Club,CASC
2:24.27 BRANTNOV Brantford AC,BRANT
2:24.31 LASCNOV Univ.Calgary SC,UCSC
2:24.32 VICONOV Island Swimming,IS
2:24.53 BROCKNOV Oakville AC,OAK
2:25.47 BROCKNOV Trent Swim Club,TRENT
2:25.48 GOLDOCT Edmonton Keyano SC,EKSC
2:25.48 TOMACNOV Markham AC,MAC
2:25.50 GOLDOCT Olympian Swim Club,OSC
2:26.44 BRANTNOV Scarborough SC,SCAR
2:26.50 BRANTNOV City of Brampton AC,COBRA
2:26.74 BROCKNOV Brock Niagara,BROCK
2:26.93 HWACOCT Burlington Y,BYAC
2:27.73 LLSCNOV Uxbridge SC,USC
2:28.87 TOMACNOV Glouc-Ottawa Kingfish,GO

4X50 M FREE RELAY
Rec: 1:53.45 Regina Opt.Dolphins,ROD,90
1:53.45 RODOCT Regina Opt Dolphins,ROD
1:59.12 TOMACNOV Etobicoke Pepsi,EPS
2:02.49 TOMACNOV Hamilt-Wentworth AC,HWAC
2:04.39 TOMACNOV Mississauga AC,TOMAC
2:04.68 BRANTNOV Burlington Y,BYAC
2:05.02 VICONOV Canadian Dolphin SC,CDSC
2:05.47 BROCKNOV Oakville AC,OAK
2:05.48 BRANTNOV North York AC,NYAC
2:05.82 BRANTNOV Brantford AC,BRANT
2:06.44 BRANTNOV Region of Waterloo,ROW
2:06.45 GOLDOCT Edmonton Keyano SC,EKSC
2:06.94 BROCKNOV Newmarket SC,NEW
2:07.01 TOMACNOV Markham AC,MAC
2:07.17 BRANTNOV East York SC,EYSC
2:07.80 BRANTNOV Scarborough SC,SCAR
2:07.88 LASCNOV Univ.Calgary SC,UCSC
2:07.96 GOLDOCT Olympian Swim Club,OSC
2:08.02 VICONOV Island Swimming,IS
2:08.84 GOLDOCT Cascade Swim Club,CASC
2:09.66 CRKWOCT Victoria Olympians,VICO
2:10.15 BRANTNOV Whitby Iroquois SC,WISC
2:10.18 BRANTNOV Kit-Waterloo Y,KWY
2:10.34 LLSCNOV Uxbridge SC,USC
2:10.93 LLSCNOV Richmond Hill AC,RHAC
2:11.45 TOMACNOV Glouc-Ottawa Kingfish,GO

TOP AGE GROUP TIMES

1991 SHORT COURSE TAG®

BOYS 11-12

50 METRES FREESTYLE
Rec: 25.43 B.Creelman,TOMAC,83
26.01 TOMACNOV Garret Pulle,12,MAC
26.26 TOMACNOV Andrew Munro,12,EPS
27.29 VICONOV Michael Calkins,11,IS
27.49 EPSOCT Jamie White,12,LAC
27.69 BRANTNOV Corby Richmond,12,TBT
28.01 GOLDOCT Steven Foley,12,MM
28.05 TOMACNOV Oennis Lau,12,MAC
28.33 VICONOV Tae Hwan Park,12,VCSC
28.37 BRANTNOV Trevor Grieve,12,NYAC
28.46 BRANTNOV Kostas Kapralos,12,NYAC
28.88 EPSOCT Anthony Tham,12,NYAC
28.91 OCSCNOV Russell Wortman,12,WPO
29.08 TOMACNOV Steve Lysak,12,HWAC
29.09 GOLOOCT Graham Outhie,12,OSC
29.09 BRANTNOV Ryan Skomorowski,12,BRANT
29.13 OCSCNOV Blake McDonald,12,PCMSC
29.27 BRANTNOV Aaron Lo,12,WISC
29.38 SJSOCT Ian Guillen,12,MANTA
29.38 BRANTNOV Robert Roft,12,GMAC
29.43 GOLOOCT Graham Ooody,12,CASC
29.56 CWCNOV Matthew Henderson,11,AIR
29.64 LLSCNOV Michael Brett,12,RHAC
29.73 VICONOV Britt Jamieson,90,USA
29.81 EPSOCT Andrew Glenny,12,NEW
29.87 GOLOOCT Toby Kazeil,12,ROO

100 METRES FREESTYLE
Rec: 55.99 B.Creelman,TOMAC,83
57.46 TOMACNOV Andrew Munro,12,EPS
57.98 TOMACNOV Garret Pulle,12,MAC
59.65 BRANTNOV Corby Richmond,12,TBT
59.72 EPSOCT Jamie White,12,LAC
1:00.24 VICONOV Michael Calkins,11,IS
1:01.77 GOLDOCT Steven Foley,12,MM
1:01.97 BRANTNOV Kostas Kapralos,12,NYAC
1:01.98 VICONOV Tae Hwan Park,12,VCSC
1:02.40 TOMACNOV Oennis Lau,12,MAC
1:03.16 BROCKNOV Nathan Sutherland,12,OAK
1:03.53 HWACOCT Steve Lysak,12,HWAC
1:03.65 BRANTNOV Aaron Lo,12,WISC
1:03.80 HWACOCT Ryan Skomorowski,12,BRANT
1:03.83 GOLOOCT Graham Outhie,12,OSC
1:04.67 GOLDOCT Graham Doody,12,CASC
1:04.99 GOLOOCT Toby Kazeil,12,ROD
1:05.28 BROCKNOV Ryan Tudor-Roberts,12,NKSC
1:05.39 LASCNOV Paul Dixon,12,LASC
1:05.39 OCSCNOV Russell Wortman,12,WPD
1:05.44 BROCKNOV Keith Sutherland,12,OAK
1:05.67 LLSCNOV Spencer Chapelle,12,MYK
1:05.87 LASCNOV Bart Ujack,11,UCSC
1:05.99 VICONOV Bryan Jamieson,11,COSC
1:06.01 TOMACNOV Brad Sindrey,11,HWAC
1:06.06 GOLOOCT Ian Guillen,12,MANTA

200 METRES FREESTYLE
Rec: 2:01.59 D.Wake,YLSC,90
2:07.96 BRANTNOV Jamie White,12,LAC
2:08.40 TOMACNOV Garret Pulle,12,MAC
2:08.71 TOMACNOV Andrew Munro,12,EPS
2:11.71 BRANTNOV Corby Richmond,12,TBT
2:15.24 VICONOV Michael Calkins,11,IS
2:15.82 BRANTNOV Kostas Kapralos,12,NYAC
2:16.65 TOMACNOV Steve Lysak,12,HWAC
2:16.88 TOMACNOV Oennis Lau,12,MAC
2:17.55 GOLOOCT Toby Kazeil,12,ROO
2:18.32 BRANTNOV Anthony Tham,12,NYAC
2:19.13 HWACOCT Ryan Skomorowski,12,BRANT
2:19.60 GOLOOCT Graham Ooody,12,CASC
2:19.67 VICONOV Bryan Jamieson,11,CDSC
2:20.13 BRANTNOV Trevor Grieve,12,NYAC
2:20.19 BROCKNOV Nathan Sutherland,12,OAK
2:20.55 GOLDOCT Graham Duthie,12,OSC
2:20.62 BRANTNOV Aaron Lo,12,WISC
2:20.66 BRANTNOV Spencer Chapelle,12,MYK
2:20.78 BRANTNOV Mark Arzaga,12,CREST
2:21.39 TOMACNOV Scott Smith,12,GO
2:21.62 BRANTNOV Bill Regan,12,NYAC
2:21.77 TOMACNOV Brad Sindrey,11,HWAC
2:22.30 GOLDOCT Patrick Goral,12,CASC
2:22.38 EPSOCT Mark Eberlie,12,LAC
2:22.49 TOMACNOV Chris Simpson,12,GO

400 METRES FREESTYLE
Rec: 4:20.46 D.Wake,YLSC,90
4:26.60 BRANTNOV Jamie White,12,LAC
4:33.98 VICONOV Andrew Cho,12,HYACK
4:36.59 TOMACNOV Andrew Munro,12,EPS
4:41.72 VICONOV Michael Calkins,11,IS
4:45.20 GOLDOCT Toby Kazeil,12,ROO
4:48.55 BRANTNOV Kostas Kapralos,12,NYAC
4:50.53 BRANTNOV Anthony Tham,12,NYAC
4:52.48 BRANTNOV Ryan Skomorowski,12,BRANT
4:52.81 BRANTNOV Trevor Grieve,12,NYAC
4:53.49 BRANTNOV Bill Regan,12,NYAC
4:54.08 GOLDOCT Lindsey Smith,12,RACE
4:54.42 VICONOV Bryan Jamieson,11,COSC
4:54.69 TOMACNOV Steve Lysak,12,HWAC
4:57.34 TOMACNOV Rowan Paul,12,EPS
4:57.66 TOMACNOV Scott Smith,12,GO
4:57.91 GOLDOCT Graham Doody,12,CASC
4:58.59 OCSCNOV Kevin Oupuis,12,OCSC
4:59.28 BRANTNOV Spencer Chapelle,12,MYK

1500 METRES FREESTYLE
Rec: 16:59.70 A.Baumann,LUSC,77
17:46.08 VICONOV Andrew Cho,12,HYACK
19:02.73 VICONOV Michael Calkins,11,IS
19:16.12 OCSCNOV Kevin Oupuis,12,DCSC
19:43.25 VICONOV Lee Dryden,12,IS
19:45.07 VICONOV Tyler Black,12,CRKW
21:01.19 VICONOV Scott Heal,12,IS

100 METRES BACKSTROKE
Rec: 1:06.41 B.Beecher,LAC,88
1:06.67 BRANTNOV Jamie White,12,LAC
1:08.20 VICONOV Andrew Cho,12,HYACK
1:09.12 TOMACNOV Garret Pulle,12,MAC
1:10.47 TOMACNOV Andrew Munro,12,EPS
1:12.77 VICONOV Michael Calkins,11,IS
1:14.08 GOLOOCT Steven Foley,12,MM
1:14.14 BRANTNOV Anthony Tham,12,NYAC
1:14.78 BRANTNOV Trevor Grieve,12,NYAC
1:15.82 BRANTNOV Philip Beecher,12,LAC
1:15.90 LLSCNOV Michael Brett,12,RHAC
1:15.92 BRANTNOV Blair Oobbyn,12,WISC
1:16.08 TOMACNOV Brad Hrytzay,12,COBRA
1:16.19 EPSOCT Andrew Glenny,12,NEW
1:16.41 BRANTNOV Mark Arzaga,12,CREST
1:16.97 LASCNOV Gordon Vatcher,12,LASC
1:17.00 GOLOOCT Patrick Goral,12,CASC

200 METRES BACKSTROKE
Rec: 2:19.67 P.Botman,GSC,76
2:23.20 VICONOV Andrew Cho,12,HYACK
2:25.87 BRANTNOV Jamie White,12,LAC
2:37.95 GOLDOCT Steven Foley,12,MM
2:40.51 BRANTNOV Trevor Grieve,12,NYAC
2:40.57 GOLOOCT Toby Kazeil,12,ROD
2:40.58 GOLOOCT Patrick Goral,12,CASC
2:41.10 BROCKNOV Andrew Glenny,12,NEW
2:41.67 TOMACNOV Brad Hrytzay,12,COBRA
2:42.09 VICONOV Michael Calkins,11,IS
2:42.50 GOLOOCT Jamie Wake,11,ROD
2:42.73 BRANTNOV Spencer Chapelle,12,MYK
2:42.77 BRANTNOV Mark Arzaga,12,CREST
2:43.03 TOMACNOV Robert Petrov,12,SCAR
2:43.36 GOLDOCT Graham Doody,12,CASC
2:43.47 BRANTNOV Blair Dobbyn,12,WISC
2:43.50 BRANTNOV Philip Beecher,12,LAC
2:43.60 WOSANOV Ryan Skomorowski,12,BRANT
2:44.50 BRANTNOV Anthony Tham,12,NYAC
2:44.61 BROCKNOV Andrew Pienaar,12,OAK
2:44.93 BRANTNOV Kostas Kapralos,12,NYAC
2:45.07 TOMACNOV Rowan Paul,12,EPS
2:45.83 TOMACNOV Aaron Love,11,HWAC
2:45.89 TOMACNOV Steve Lysak,12,HWAC
2:46.49 LASCNOV Gordon Vatcher,12,LASC
2:46.69 HWACOCT Stefan Rappazzo,11,HWAC

100 METRES BREASTSTROKE
Rec: 1:10.54 M.Mason,ESC,87
1:12.14 BRANTNOV Corby Richmond,12,TBT
1:13.65 TOMACNOV Oennis Lau,12,MAC
1:14.69 TOMACNOV Steve Lysak,12,HWAC
1:15.57 EPSOCT Jamie White,12,LAC
1:15.87 EPSOCT Carey Avery,14,COBRA
1:15.88 EPSOCT Marc Eaidama,13,EPS
1:16.10 EPSOCT Andrew Glenny,12,NEW
1:18.86 TOMACNOV Garret Pulle,12,MAC
1:19.42 VICONOV Tae Hwan Park,12,VCSC
1:19.79 GOLOOCT Kevin Muth,12,MM
1:19.91 BRANTNOV Trevor Grieve,12,NYAC
1:21.49 TOMACNOV Andrew Munro,12,EPS
1:22.03 GOLDOCT Oavid Freedman,12,MANTA
1:22.18 LASCNOV Kris Johnsen,12,UCSC
1:22.18 BRANTNOV Chris Gruhn,11,KWY
1:22.63 BRANTNOV Andrei Bucsko,11,BOSC
1:22.91 BRANTNOV Andrew Parkes,12,NYAC
1:23.03 LASCNOV Gordon Vatcher,12,LASC
1:23.12 BRANTNOV Andrew Lamb,12,ROW
1:23.38 TOMACNOV Chris Lim,12,COBRA
1:23.52 TOMACNOV Branko Suric,12,EPS
1:23.79 TOMACNOV Robert Petrov,12,SCAR
1:23.95 LLSCNOV Michael Brett,12,RHAC
1:24.06 BRANTNOV Ryan Skomorowski,12,BRANT
1:24.24 GOLOOCT Clayton Veitch,12,SO

200 METRES BREASTSTROKE
Rec: 2:33.91 M.Mason,ESC,87
2:36.48 BRANTNOV Corby Richmond,12,TBT
2:40.29 TOMACNOV Oennis Lau,12,MAC
2:43.24 TOMACNOV Steve Lysak,12,HWAC
2:45.37 BRANTNOV Jamie White,12,LAC
2:47.10 BROCKNOV Andrew Glenny,12,NEW
2:50.31 VICONOV Tae Hwan Park,12,VCSC
2:54.09 BRANTNOV Ryan Skomorowski,12,BRANT
2:54.99 BRANTNOV Mark Arzaga,12,CREST
2:55.81 BRANTNOV Trevor Grieve,12,NYAC
2:57.45 BROCKNOV Jeff Hergott,12,SSMAC
2:57.49 GOLOOCT Adam MacPherson,12,CASC
2:57.93 TOMACNOV Branko Suric,12,EPS
2:58.13 GOLOOCT Kevin Muth,12,MM
2:58.43 GOLOOCT Oavid Freedman,12,MANTA
2:58.64 GOLOOCT Craig Albrecht,12,ROCSC
3:00.00 TOMACNOV Gord Marcy,12,HWAC
3:00.24 BRANTNOV Andrew Parkes,12,NYAC
3:00.48 TOMACNOV Scott Smith,12,GO
3:00.64 BRANTNOV Andrew Lamb,12,ROW
3:01.30 TOMACNOV Edwin Ganif,12,COBRA
3:02.28 GOLOOCT Scott Flood,12,GOLO
3:02.30 BRANTNOV Andrei Bucsko,11,BOSC
3:02.56 VICONOV Matt Gibson,12,IS
3:02.78 BRANTNOV Richard Bruner,12,BRANT
3:02.82 CWCNOV Matthew Henderson,11,AIR

100 METRES BUTTERFLY
Rec: 1:02.88 D.Wake,YLSC,90
1:04.61 TOMACNOV Garret Pulle,12,MAC
1:05.74 VICONOV Andrew Cho,12,HYACK
1:05.76 VICONOV Michael Calkins,11,IS
1:07.44 EPSOCT Jamie White,12,LAC
1:07.89 BRANTNOV Mark Arzaga,12,CREST
1:08.36 BRANTNOV Corby Richmond,12,TBT
1:08.42 BRANTNOV Anthony Tham,12,NYAC
1:08.78 TOMACNOV Andrew Munro,12,EPS
1:11.21 BRANTNOV Michael Brett,12,RHAC
1:11.32 TOMACNOV Oennis Lau,12,MAC
1:11.90 BRANTNOV Douglas Browne,11,ROW
1:11.99 VICONOV Tae Hwan Park,12,VCSC
1:12.23 HWACOCT Brad Sindrey,11,HWAC
1:12.75 HWACOCT Matt Slater,12,USC
1:13.02 BRANTNOV Aaron Lo,12,WISC
1:13.76 BRANTNOV Rob Harland,12,TAT
1:13.86 EPSOCT Trevor Grieve,12,NYAC
1:13.99 GOLDOCT Steven Foley,12,MM
1:14.14 BRANTNOV Mark Eberlie,12,LAC
1:14.77 BROCKNOV Colin Dolcetti,11,SSMAC
1:14.85 BRANTNOV Philip Beecher,12,LAC
1:15.73 LASCNOV Paul Oixon,12,LASC
1:15.85 TOMACNOV Chris Lim,12,COBRA
1:15.95 LASCNOV Clayton Seidlitz,12,UCSC
1:16.13 TOMACNOV Aaron Love,11,HWAC

200 METRES BUTTERFLY
Rec: 2:18.47 D.Wake,YLSC,90
2:21.10 VICONOV Andrew Cho,12,HYACK
2:31.32 BRANTNOV Mark Arzaga,12,CREST
2:32.23 TOMACNOV Andrew Munro,12,EPS
2:33.97 VICONOV Michael Calkins,11,IS
2:36.64 BRANTNOV Jamie White,12,LAC
2:37.00 BRANTNOV Rob Harland,12,TAT
2:39.07 TOMACNOV Garret Pulle,12,MAC
2:39.89 BRANTNOV Michael Brett,12,RHAC
2:42.37 TOMACNOV Brad Sindrey,11,HWAC
2:43.02 HWACOCT Matt Slater,12,USC
2:43.47 BRANTNOV Zach Fraser,12,LAC
2:45.12 BROCKNOV Colin Dolcetti,11,SSMAC
2:45.81 DCSCNOV Kevin Dupuis,12,OCSC
2:45.90 BROCKNOV Nathan Sutherland,12,OAK
2:46.67 VICONOV Lee Oryden,12,IS
2:46.68 BRANTNOV Collin Farsberg,12,GMAC
2:46.71 TOMACNOV Aaron Love,11,HWAC
2:49.58 GOLOOCT Lindsey Smith,12,RACE
2:49.80 VICONOV Bryan Jamieson,11,CDSC
2:51.20 BRANTNOV Paul Somerville,12,TAT
2:52.46 GOLOOCT Ian Wilson,90,GBR
2:52.93 BRANTNOV Mark Eberlie,12,LAC
2:53.39 BROCKNOV Keith Sutherland,12,OAK
2:53.41 BRANTNOV Paul Homenock,11,LAC
2:54.26 BRANTNOV Douglas Browne,11,ROW

200 METRES IND.MEDLEY
Rec: 2:17.72 D.Wake,YLSC,90
2:21.85 BRANTNOV Jamie White,12,LAC
2:25.98 VICONOV Andrew Cho,12,HYACK
2:26.92 BRANTNOV Corby Richmond,12,TBT
2:28.17 TOMACNOV Garret Pulle,12,MAC
2:29.78 TOMACNOV Oennis Lau,12,MAC
2:31.71 TOMACNOV Andrew Munro,12,EPS
2:31.77 VICONOV Tae Hwan Park,12,VCSC
2:33.87 EPSOCT Andrew Glenny,12,NEW
2:33.89 TOMACNOV Steve Lysak,12,HWAC
2:34.05 BRANTNOV Trevor Grieve,12,NYAC
2:34.87 VICONOV Michael Calkins,11,IS
2:35.33 BRANTNOV Mark Arzaga,12,CREST
2:36.03 LLSCNOV Michael Brett,12,RHAC
2:36.08 GOLDOCT Steven Foley,12,MM
2:36.84 BRANTNOV Anthony Tham,12,NYAC
2:39.43 TOMACNOV Branko Suric,12,EPS
2:39.52 BROCKNOV Nathan Sutherland,12,OAK
2:40.52 VICONOV Bryan Jamieson,11,COSC
2:41.06 BRANTNOV Ryan Skomorowski,12,BRANT
2:41.18 BRANTNOV Aaron Lo,12,WISC
2:41.45 GOLDOCT Graham Ooody,12,CASC
2:42.00 GOLDOCT Patrick Goral,12,CASC
2:42.00 BRANTNOV Richard Bruner,12,BRANT
2:42.03 GOLOOCT Michael Calaresu,12,EKSC
2:42.31 LLSCNOV Matt Slater,12,USC

400 METRES IND.MEDLEY
Rec: 4:56.10 A.Foulds,TBT,85
5:04.43 BRANTNOV Jamie White,12,LAC
5:06.63 BRANTNOV Corby Richmond,12,TBT
5:09.70 VICONOV Andrew Cho,12,HYACK
5:25.88 BRANTNOV Mark Arzaga,12,CREST
5:30.81 BRANTNOV Trevor Grieve,12,NYAC
5:31.10 VICONOV Michael Calkins,11,IS
5:32.53 VICONOV Bryan Jamieson,11,COSC
5:32.68 OCSCNOV Kevin Oupuis,12,OCSC
5:33.38 BRANTNOV Anthony Tham,12,NYAC
5:37.12 BRANTNOV Aaron Lo,12,WISC
5:37.72 BRANTNOV Ryan Skomorowski,12,BRANT
5:39.17 GOLOOCT Patrick Goral,12,CASC
5:39.20 GOLDOCT Lindsey Smith,12,RACE
5:43.65 BRANTNOV Michael Brett,12,RHAC
5:46.61 GOLDOCT Craig Albrecht,12,ROCSC

4X50 M MEDLEY RELAY
Rec: 2:07.15 North York AC,NYAC,88
2:11.00 BRANTNOV North York AC,NYAC
2:13.23 BRANTNOV London AC,LAC
2:14.59 TOMACNOV Hamilt-Wentworth AC,HWAC
2:15.44 LASCNOV Lethbridge ASC,LASC
2:15.84 VICONOV Island Swimming,IS
2:18.06 TOMACNOV Etobicoke Pepsi,EPS
2:18.88 GOLOOCT Manta Aquatic Club,MANTA
2:18.88 BRANTNOV Region of Waterloo,ROW
2:19.14 BRANTNOV City of Brampton AC,COBRA
2:19.40 BROCKNOV Oakville AC,OAK
2:20.34 CRKWOCT Victoria Olympians,VICO
2:20.46 GOLOOCT Cascade Swim Club,CASC
2:21.14 LASCNOV Univ.Calgary SC,UCSC
2:21.20 GOLOOCT Regina Opt.Oolphins,ROO
2:21.99 BROCKNOV Newmarket SC,NEW
2:22.90 BRANTNOV Whitby Iroquois SC,WISC
2:23.36 LLSCNOV Richmond Hill AC,RHAC
2:25.08 KBMNOV Ernestown Barracudas,EBSC
2:26.35 TOMACNOV Mississauga AC,TOMAC
2:26.43 GOLDOCT Olympian Swim Club,OSC
2:26.46 BRANTNOV Kit-Waterloo Y,KWY
2:26.55 GOLOOCT Red Deer Catalina SC,ROCSC
2:26.71 VICONOV Canadian Dolphin SC,COSC
2:27.10 BRANTNOV Crescent Town SC,CREST
2:27.70 TOMACNOV Markham AC,MAC

4X50 M FREE RELAY
Rec: 1:51.22 London Aquatic,LAC,88
1:56.00 TOMACNOV Etobicoke Pepsi,EPS
1:57.11 BRANTNOV North York AC,NYAC
1:58.27 BRANTNOV London AC,LAC
1:59.86 LASCNOV Lethbridge ASC,LASC
2:01.00 TOMACNOV Hamilt-Wentworth AC,HWAC
2:01.85 GOLDOCT Regina Opt.Oolphins,ROO
2:01.91 BROCKNOV Oakville AC,OAK
2:03.65 GOLOOCT Manta Aquatic Club,MANTA
2:03.83 VICONOV Island Swimming,IS
2:04.00 TOMACNOV Glouc-Ottawa Kingfish,GO
2:04.04 BRANTNOV Region of Waterloo,ROW
2:04.37 CRKWOCT Victoria Olympians,VICO
2:04.39 LASCNOV Univ.Calgary SC,UCSC
2:04.91 LLSCNOV Richmond Hill AC,RHAC
2:05.22 GOLDOCT Cascade Swim Club,CASC
2:06.00 TOMACNOV City of Brampton AC,COBRA
2:06.43 BROCKNOV Newmarket SC,NEW
2:06.74 BRANTNOV Guelph Marlin AC,GMAC
2:09.70 BRANTNOV Whitby Iroquois SC,WISC
2:09.79 GOLDOCT Selkirk Dolphins,SO
2:10.00 TOMACNOV Mississauga AC,TOMAC
2:10.00 TOMACNOV Markham AC,MAC
2:10.01 GOLDOCT Olympian Swim Club,OSC
2:10.60 LLSCNOV York Swim Club,YORK
2:11.84 GOLDOCT Goldfin Swim Club,GOLO

TOP AGE GROUP TIMES

1991 SHORT COURSE TAG®

GIRLS 13-14

50 METRES FREESTYLE
Rec: 26.04 K.Topham,MANTA,88
27.60 GOLDOCT Shannon Shakespeare,13,MM
27.63 LASCNOV Andrea Kilam,13,LASC
27.88 HWACOCT Joanne Malar,14,HWAC
28.08 TOMACNOV Christine Natywary,13,EPS
28.25 GOLDOCT Susan Banman,13,ROD
28.29 HWACOCT Sarah Laudenbach,13,BOSS
28.32 BRANTNOV Robyn Madill,14,BRANT
28.34 VICONOV Grace Wong,14,CDSC
28.36 TOMACNOV Sam Emer,14,MAC
28.43 BRANTNOV Kerri Ford,14,SCAR
28.59 DCSCNOV Desiree Pendl,14,EPS
28.67 BRANTNOV Karen Scott,14,GMAC
28.70 TOMACNOV Jessie Ray,14,EPS
28.72 GOLDOCT Christine McEwan,13,ROD
28.72 LASCNOV Jennifer Anderson,13,LASC
28.76 GOLDOCT Suzie Murray,14,MM
28.76 VICONOV Suzanne Weckend,13,IS
28.78 PCSCNOV Holly McComb,14,PCSC
28.79 TOMACNOV Jaime Winton,14,MAC
28.84 BRANTNOV Cindy Bertelink,14,COBRA
28.86 GOLDOCT Kelly Sommerfeld,13,YLSC
28.87 EPSOCT Anne Blachford,14,COBRA
28.91 SJSOCT Erin Eide,13,MM
29.03 GOLDOCT Rachelle Roberts,13,RACE

100 METRES FREESTYLE
Rec: 56.62 J.Kerr,ESC,83
59.63 GOLDOCT Shannon Shakespeare,13,MM
1:00.25 LASCNOV Andrea Kilam,13,LASC
1:00.90 GOLDOCT Susan Banman,13,ROD
1:01.19 BRANTNOV Kerri Ford,14,SCAR
1:01.54 HWACOCT Sarah Laudenbach,13,BOSS
1:01.71 VICONOV Grace Wong,14,CDSC
1:01.79 TOMACNOV Sarah Lewis,14,EPS
1:01.83 GOLDOCT Suzie Murray,14,MM
1:01.91 VICONOV Suzanne Weckend,13,IS
1:01.93 LASCNOV Jennifer Anderson,13,LASC
1:01.97 GOLDOCT Kelly Sommerfeld,13,YLSC
1:02.05 BRANTNOV Nicola Homenock,13,LAC
1:02.10 KAJNOV Kristen Thompsett,14,KISU
1:02.22 DCSCNOV Desiree Pendl,14,EPS
1:02.35 SOSCOCT Shawna Pentland,14,KISU
1:02.37 TOMACNOV Christine Natywary,13,EPS
1:02.42 TOMACNOV Jaime Winton,14,MAC
1:02.48 GOLDOCT Christine McEwan,13,ROD
1:02.49 HWACOCT Tamara Flannigan,14,HWAC
1:02.55 EPSOCT Cindy Bertelink,14,COBRA
1:02.68 BRANTNOV Heather Bruner,14,BRANT
1:02.74 BRANTNOV Helena Griner,14,NYAC
1:02.84 GOLDOCT Tara Fullbrandt,13,OSC
1:02.94 LASCNOV Devra Peterson,14,LASC

200 METRES FREESTYLE
Rec: 2:00.88 J.Kerr,ESC,83
2:07.09 HWACOCT Joanne Malar,14,HWAC
2:09.95 GOLDOCT Shannon Shakespeare,13,MM
2:11.23 EPSOCT Cindy Bertelink,14,COBRA
2:11.77 BRANTNOV Barbi Brochu,14,TAT
2:12.80 LASCNOV Andrea Kilam,13,LASC
2:12.84 BRANTNOV Nicola Homenock,13,LAC
2:12.87 HWACOCT Sarah Laudenbach,13,BOSS
2:12.95 BRANTNOV Terri McLellan,14,LAC
2:13.05 GOLDOCT Susan Banman,13,ROD
2:13.19 DCSCNOV Desiree Pendl,14,EPS
2:13.22 VICONOV Grace Wong,14,CDSC
2:13.61 TOMACNOV Kimberly Kerr,13,HWAC
2:13.94 GOLDOCT Kelly Sommerfeld,13,YLSC
2:14.00 VICONOV Emmanuelle Schick,13,VCSC
2:14.12 GOLDOCT Tara Fullbrandt,13,OSC
2:14.19 VICONOV Suzanne Weckend,13,IS
2:14.29 DCSCNOV Melanie Ackers,14,EPS
2:14.36 GOLDOCT Sabrina Wilson,14,EKSC
2:14.41 GOLDOCT Alison Auramenko,14,GOLD
2:14.52 VICONOV Shan. Cunningham,14,COMOX
2:14.98 HWACOCT Tamara Flannigan,14,HWAC

400 METRES FREESTYLE
Rec: 4:14.43 E.Purvis,CDSC,85
4:30.51 BRANTNOV Cindy Bertelink,14,COBRA
4:36.00 BRANTNOV Barbi Brochu,14,TAT
4:36.41 BRANTNOV Terri McLellan,14,LAC
4:38.51 VICONOV Emmanuelle Schick,13,VCSC
4:38.87 VICONOV Donna Wu,14,CDSC
4:39.92 GOLDOCT Tara Fullbrandt,13,OSC
4:40.03 BRANTNOV Kerri Ford,14,SCAR
4:41.14 DCSCNOV Desiree Pendl,14,EPS
4:42.61 TOMACNOV Kimberly Kerr,13,HWAC
4:43.02 VICONOV Grace Wong,14,VCSC
4:43.06 BRANTNOV Helena Griner,14,NYAC
4:44.23 GOLDOCT Marla Merkley,12,SSC
4:44.76 BRANTNOV Sarah Jay,14,BRANT

800 METRES FREESTYLE
Rec: 8:40.43 E.Purvis,CDSC,86
9:31.92 DCSCNOV Desiree Pendl,14,EPS
9:32.77 DCSCNOV Melanie Ackers,14,EPS
9:35.39 VICONOV Suzanne Weckend,13,IS
9:36.52 VICONOV Senta Kaiser,14,IS
9:42.30 VICONOV Donna Wu,14,CDSC
9:43.23 GOLDOCT Tara Fullbrandt,13,OSC
9:49.11 VICONOV Grace Wong,14,CDSC
9:49.14 VICONOV Erin Hardy,13,IS

100 METRES BACKSTROKE
Rec: 1:04.20 N.Garapick,HTAC,75
1:07.02 HWACOCT Joanne Malar,14,HWAC
1:08.62 VICONOV Suzanne Weckend,13,IS
1:09.37 GOLDOCT Susan Banman,13,ROD
1:09.55 TOMACNOV Christine Natywary,13,EPS
1:09.77 VICONOV Emmanuelle Schick,13,VCSC
1:09.88 LASCNOV Andrea Kilam,13,LASC
1:09.91 BRANTNOV Erica Nagy,14,COBRA
1:09.95 LASCNOV Jessica Amey,13,UCSC
1:10.14 TOMACNOV Kimberly Kerr,13,HWAC
1:10.23 TOMACNOV Andrea Becker,14,LSC
1:10.82 BRANTNOV Cheryl Feren,13,GMAC
1:11.39 BRANTNOV Rachelle Charlebois,14,TBT
1:11.48 BRANTNOV Kristin Bauer,14,ROW
1:11.62 LASCNOV Jennifer Anderson,13,LASC
1:11.80 VICONOV Helena Jensen,14,PSW
1:12.10 GOLDOCT Tara Fullbrandt,13,OSC
1:12.16 TOMACNOV Lindsay Mazzucco,13,EPS
1:12.29 DCSCNOV Leslie Smythe,13,SEA
1:12.40 VICONOV Hayley John,13,IS
1:12.78 BROCKNOV Marcie Horton,14,MUSAC
1:12.86 GOLDOCT Elsa Campos,14,GOLD
1:12.93 VICONOV Erin Hardy,13,IS

200 METRES BACKSTROKE
Rec: 2:15.85 N.Garapick,HTAC,76
2:21.78 HWACOCT Joanne Malar,14,HWAC
2:26.88 BRANTNOV Erica Nagy,14,COBRA
2:27.25 VICONOV Suzanne Weckend,13,IS
2:27.97 GOLDOCT Susan Banman,13,ROD
2:28.70 TOMACNOV Kimberly Kerr,13,HWAC
2:28.83 VICONOV Emmanuelle Schick,13,VCSC
2:31.41 GOLDOCT Tara Fullbrandt,12,OSC
2:31.50 BRANTNOV Rachelle Charlebois,14,TBT
2:31.80 LASCNOV Jessica Amey,13,UCSC
2:31.99 TOMACNOV Christine Natywary,13,EPS
2:32.73 TOMACNOV Lindsay Mazzucco,13,EPS
2:33.67 GOLDOCT Christine McEwan,13,ROD
2:34.00 BROCKNOV Marcie Horton,14,MUSAC
2:34.11 LASCNOV Jennifer Anderson,13,LASC
2:34.46 TOMACNOV Andrea Becker,14,LSC
2:34.89 GOLDOCT Elsa Campos,14,GOLD
2:35.15 KAJNOV Jennifer Smythe,14,KISU
2:35.52 BRANTNOV Rachel Wade,14,NYAC
2:35.84 BRANTNOV Kristin Bauer,14,ROW
2:35.93 TOMACNOV Jennifer Ramsden,13,GO
2:36.08 GOLDOCT Kari Kuz,14,YLSC
2:36.47 TOMACNOV Christy Ciupa,14,EPS
2:37.07 BRANTNOV Andrea Schwartz,13,TBT
2:37.09 BROCKNOV Cynthia Parker,13,BTSC
2:37.17 BRANTNOV Andrea Nicholls,14,ROW

100 METRES BREASTSTROKE
Rec: 1:08.64 A.Higson,ESC,88
1:15.23 BRANTNOV Anne Blachford,14,COBRA
1:16.19 GOLDOCT Shannon Shakespeare,13,MM
1:16.96 GOLDOCT Andrea Mortin,14,ROD
1:17.12 VICONOV Myna Noriega,13,HYACK
1:17.64 BRANTNOV Carolyn Gilbert,14,LAC
1:17.71 HWACOCT Joanne Malar,14,HWAC
1:18.27 GOLDOCT Sabrina Wilson,14,EKSC
1:18.54 TOMACNOV Jessie Ray,14,EPS
1:18.80 LASCNOV Jennifer Anderson,13,LASC
1:18.92 KAJNOV Shawna Pentland,14,KISU
1:19.13 BRANTNOV Michelle Arzaga,14,CREST
1:19.21 VICONOV Rae Abbott,13,HYACK
1:19.22 GOLDOCT Jenny Bonny,14,GOLD
1:19.49 TOMACNOV Jenny Feaver,14,HWAC
1:19.60 GOLDOCT Katherine Poole,14,CASC
1:19.64 VICONOV Grace Wong,14,CDSC
1:19.69 BRANTNOV Andrea Nicholls,14,ROW
1:19.79 KAJNOV Nicole Lawton,14,KISU
1:19.92 GOLDOCT Rhiannon Leier,13,YLSC
1:20.10 BROCKNOV Erica Johansson,12,OAK
1:20.23 VICONOV Shan. Cunningham,14,COMOX
1:20.28 VICONOV Claudia Lokody,14,PSW
1:20.30 GOLDOCT Kelly Sommerfeld,13,YLSC
1:20.37 VICONOV Sarah Matthews,14,WVOSC
1:20.47 BRANTNOV Stephanie Cooling,12,NYAC

200 METRES BREASTSTROKE
Rec: 2:26.48 A.Higson,ESC,88
2:42.16 VICONOV Allison Barriscale,14,IS
2:42.55 HWACOCT Joanne Malar,14,HWAC
2:42.97 TOMACNOV Tania Belisle-Leclerc,13,GO
2:44.67 GOLDOCT Andrea Mortin,14,ROD
2:45.52 BRANTNOV Carolyn Gilbert,14,LAC
2:46.75 VICONOV Rae Abbott,13,HYACK
2:46.77 GOLDOCT Shannon Shakespeare,13,MM
2:47.43 BRANTNOV Anne Blachford,14,COBRA
2:49.04 BRANTNOV Kari Randall,14,GMAC
2:49.23 GOLDOCT Jenny Bonny,14,GOLD
2:49.38 GOLDOCT Rhiannon Leier,13,YLSC
2:49.70 GOLDOCT Kelly Sommerfeld,13,YLSC
2:49.76 BRANTNOV Michelle Arzaga,14,CREST
2:49.82 VICONOV Sarah Matthews,14,WVOSC
2:50.10 VICONOV Shan. Cunningham,14,COMOX
2:50.18 GOLDOCT Sabrina Wilson,14,EKSC
2:50.38 TOMACNOV Maureen McKenna,13,HWAC
2:50.40 TOMACNOV Jennifer DiFilippo,14,HWAC
2:50.64 TOMACNOV Jenny Feaver,14,HWAC
2:50.76 BRANTNOV Stephanie Cooling,12,NYAC
2:51.20 VICONOV Myna Noriega,13,HYACK
2:51.39 BROCKNOV Sandra McCleary,14,OAK
2:51.44 TOMACNOV Jessie Ray,14,EPS
2:51.55 GOLDOCT Shannon Magee,13,CASC
2:52.87 DCSCNOV Daneen Taylor,14,DCSC

100 METRES BUTTERFLY
Rec: 1:03.02 S.Marchand,ENL,88
1:07.48 VICONOV Grace Wong,14,CDSC
1:07.89 EPSOCT Anne Blachford,14,COBRA
1:07.98 TOMACNOV Erin Adams,13,GO
1:08.28 LASCNOV Jessica Amey,13,UCSC
1:08.47 HWACOCT Tamara Flannigan,14,HWAC
1:08.52 GOLDOCT Suzie Murray,14,MM
1:08.64 TOMACNOV Christine Natywary,13,EPS
1:08.68 GOLDOCT Susan Banman,13,ROD
1:08.91 LASCNOV Andrea Kilam,13,LASC
1:09.05 VICONOV Myna Noriega,13,HYACK
1:09.11 BROCKNOV Katie Smith,14,BTSC
1:09.15 EPSOCT Carolyn Gilbert,14,LAC
1:09.16 EPSOCT Karen Scott,14,GMAC
1:09.46 DCSCNOV Desiree Pendl,14,EPS
1:09.52 GOLDOCT Alison Auramenko,13,GOLD
1:09.96 BRANTNOV Cindy Bertelink,14,COBRA
1:10.31 VICONOV Erin Hardy,13,IS
1:10.43 DCSCNOV Jane Thompson,13,HTAC
1:10.59 BRANTNOV Darcy Christopher,14,EBSC
1:10.91 GOLDOCT Jodi Hindley,13,CASC

200 METRES BUTTERFLY
Rec: 2:13.75 S.Marchand,ENL,88
2:24.98 VICONOV Allison Barriscale,14,IS
2:29.41 BRANTNOV Karen Scott,14,GMAC
2:29.57 BRANTNOV Barbi Brochu,14,TAT
2:30.33 HWACOCT Tamara Flannigan,14,HWAC
2:30.55 VICONOV Erin Hardy,13,IS
2:31.21 BRANTNOV Carolyn Gilbert,14,LAC
2:31.32 GOLDOCT Jodi Hindley,13,CASC
2:31.68 GOLDOCT Alison Auramenko,14,GOLD
2:31.84 BROCKNOV Katie Smith,14,BTSC
2:32.80 GOLDOCT Kari Kuz,14,YLSC
2:32.86 VICONOV Caroline Watt,14,WVOSC
2:33.40 TOMACNOV Kimberly Kerr,13,HWAC
2:33.63 TOMACNOV Christine Natywary,13,EPS
2:34.78 GOLDOCT Susan Banman,13,ROD
2:34.87 DCSCNOV Robin Fougere,14,DCSC
2:36.36 VICONOV Helena Jensen,14,PSW
2:36.84 BRANTNOV Darcy Christopher,14,EBSC
2:37.51 BRANTNOV Cheryl Feren,13,GMAC
2:37.99 KAJNOV Shawna Pentland,14,KISU
2:38.17 UMANOCT Suzie Murray,14,MM
2:38.24 VICONOV Carla Morris,13,IS
2:38.26 VICONOV Suzanne Weckend,13,IS
2:38.27 TOMACNOV Sam Emer,14,MAC
2:38.38 VICONOV Myna Noriega,13,HYACK
2:38.84 TOMACNOV Jill Brohman,14,HWAC

200 METRES IND. MEDLEY
Rec: 2:16.79 A.Higson,ESC,87
2:25.54 HWACOCT Joanne Malar,14,HWAC
2:27.79 BRANTNOV Carolyn Gilbert,14,LAC
2:28.50 LASCNOV Andrea Kilam,13,LASC
2:28.68 VICONOV Grace Wong,14,CDSC
2:29.14 BRANTNOV Anne Blachford,14,COBRA
2:29.34 VICONOV Emmanuelle Schick,13,VCSC
2:30.04 BRANTNOV Cindy Bertelink,14,COBRA
2:30.20 BRANTNOV Barbi Brochu,14,TAT
2:30.76 VICONOV Suzanne Weckend,13,IS
2:30.98 GOLDOCT Sabrina Wilson,14,EKSC
2:31.23 BRANTNOV Erica Nagy,14,COBRA
2:32.44 GOLDOCT Christine McEwan,13,ROD
2:32.60 LASCNOV Jennifer Anderson,13,LASC
2:32.64 VICONOV Erin Hardy,13,IS
2:32.71 VICONOV Sarah Matthews,14,WVOSC
2:32.80 DCSCNOV Melanie Ackers,14,EPS
2:32.83 TOMACNOV Jill Brohman,14,HWAC
2:32.91 VICONOV Donna Wu,14,CDSC
2:32.92 GOLDOCT Susan Banman,13,ROD
2:33.01 LASCNOV Jessica Amey,13,UCSC
2:33.09 BRANTNOV Cheryl Feren,13,GMAC
2:33.14 GOLDOCT Kelly Sommerfeld,13,YLSC
2:33.84 TOMACNOV Christine Natywary,13,EPS
2:34.04 TOMACNOV Erin Adams,13,GO
2:34.17 TOMACNOV Kimberly Kerr,13,HWAC

400 METRES IND. MEDLEY
Rec: 4:50.13 A.Higson,ESC,88
5:06.92 BRANTNOV Cindy Bertelink,14,COBRA
5:09.53 BRANTNOV Barbi Brochu,14,TAT
5:09.93 BRANTNOV Kari Randall,14,GMAC
5:10.30 GOLDOCT Suzie Murray,14,MM
5:15.05 VICONOV Suzanne Weckend,13,IS
5:16.59 VICONOV Emmanuelle Schick,13,VCSC
5:17.63 BRANTNOV Carolyn Gilbert,14,LAC
5:18.84 BRANTNOV Anne Blachford,14,COBRA
5:19.40 VICONOV Donna Wu,14,CDSC
5:19.50 VICONOV Erin Hardy,13,IS
5:20.14 GOLDOCT Susan Banman,13,ROD
5:20.71 VICONOV Grace Wong,14,CDSC
5:20.82 DCSCNOV Melanie Ackers,14,EPS
5:21.14 BRANTNOV Erica Nagy,14,COBRA
5:25.12 VICONOV Sarah Matthews,14,WVOSC
5:25.38 GOLDOCT Christine McEwan,13,ROD
5:26.86 VICONOV Rae Abbott,13,HYACK
5:26.98 VICONOV Helena Jensen,14,PSW
5:27.40 BRANTNOV Kerri Ford,14,SCAR
5:27.73 GOLDOCT Tara Fullbrandt,13,OSC
5:29.40 VICONOV Shan.Cunningham,14,COMOX
5:29.63 BRANTNOV Helena Griner,14,NYAC
5:29.69 BRANTNOV Cheryl Feren,13,GMAC
5:30.05 GOLDOCT Kari Kuz,14,YLSC

4X50 M MEDLEY RELAY
Rec: 2:04.40 North York,NYAC,81
2:08.88 GOLDOCT Regina Opt.Dolphins,ROD
2:11.09 BRANTNOV Guelph Marlin AC,GMAC
2:12.88 LASCNOV Lethbridge ASC,LASC
2:12.93 GOLDOCT Goldfin Swim Club,GOLD
2:13.17 TOMACNOV Etobicoke Pepsi,EPS
2:13.56 TOMACNOV Glouc-Ottawa Kingfish,GO
2:13.73 VICONOV Island Swimming,IS
2:14.01 VICONOV Canadian Dolphin SC,CDSC
2:14.36 BRANTNOV London AC,LAC
2:15.16 BRANTNOV North York AC,NYAC
2:15.22 BRANTNOV Brantford AC,BRANT
2:15.32 TOMACNOV Hamilt-Wentworth AC,HWAC
2:15.81 BROCKNOV Oakville AC,OAK
2:15.93 BRANTNOV Region of Waterloo,ROW
2:16.24 GOLDOCT Cascade Swim Club,CASC
2:16.35 VICONOV Hyack Swim Club,HYACK
2:16.45 BRANTNOV Scarborough SC,SCAR
2:17.25 BROCKNOV Chatham Y,CYPS
2:18.12 DCSCNOV Sea,SEA
2:18.43 BROCKNOV Oshawa AC,OSHAC
2:18.93 TOMACNOV Markham AC,MAC
2:19.04 BRANTNOV Thun Bay Thunderbolts,TBT
2:19.55 BROCKNOV Barrie Trojans,BTSC
2:19.99 GOLDOCT Olympian Swim Club,OSC
2:20.33 CRKWOCT Victoria Olympians,VICO

4X50 M FREE RELAY
Rec: 1:49.85 Etobicoke,ESC,81
1:54.80 GOLDOCT Regina Opt Dolphins,ROD
1:54.95 LASCNOV Lethbridge ASC,LASC
1:55.87 GOLDOCT Manitoba Marlins,MM
1:56.66 BRANTNOV Brantford AC,BRANT
1:56.69 TOMACNOV Etobicoke Pepsi,EPS
1:57.39 SOSCOCT Kisu Swim Club,KISU
1:58.58 BRANTNOV Guelph Marlin AC,GMAC
1:59.61 BRANTNOV Region of Waterloo,ROW
1:59.82 TOMACNOV Hamilt-Wentworth AC,HWAC
1:59.94 BRANTNOV London AC,LAC
2:00.13 VICONOV Canadian Dolphin SC,CDSC
2:00.19 BRANTNOV Scarborough SC,SCAR
2:00.38 VICONOV Island Swimming,IS
2:00.86 GOLDOCT Goldfin Swim Club,GOLD
2:00.91 BROCKNOV Oakville AC,OAK
2:01.03 LASCNOV Univ.Calgary SC,UCSC
2:01.06 BRANTNOV North York AC,NYAC
2:01.19 TOMACNOV Glouc-Ottawa Kingfish,GO
2:01.36 GOLDOCT Cascade Swim Club,CASC
2:01.87 DCSCNOV Halifax Trojans,HTAC
2:02.13 GOLDOCT YMCA Laser SC,YLSC
2:02.20 GOLDOCT Manta Aquatic Club,MANTA
2:02.35 TOMACNOV Markham AC,MAC
2:02.66 DCSCNOV Sea,SEA
2:03.04 BROCKNOV Oshawa AC,OSHAC

TOP AGE GROUP TIMES

1991 SHORT COURSE TAG®

BOYS 13-14

50 METRES FREESTYLE
Rec: 23.57 B.Creelman,TOMAC,85
24.97 TDMACNOV Kris Fisher,14,MAC
25.24 GOLODCT Jeff Toth,14,RDO
25.29 TDMACNOV Adam Porteous,13,MAC
25.81 BRANTNDV Bill Beecher,14,LAC
26.00 GOLOOCT Ooug Wake,13,RDO
26.05 TDMACNDV Chris Jones,14,TDMAC
26.07 VICONDV Cory Holland,13,IS
26.11 TOMACNDV David Fogel,14,MAC
26.16 CWCNDV Matthew Tomasson,14,CP
26.38 TDMACNDV Kit Lindquist,14,MAC
26.38 BRANTNOV Vincent Cheung,14,CREST
26.39 TDMACNDV Jon Oavis,13,TDMAC
26.39 TOMACNDV Mischa Sommerville,13,AAC
26.44 BRANTNOV Sean Steacy,14,LAC
26.50 GDLODCT Chris Snow,14,ROCSC
26.54 LASCNDV Jason Collins,14,UCSC
26.68 BRANTNOV Geoff Lam,14,CREST
26.73 CWCNOV Chris Muller,14,KSC
26.83 DCSCNOV Greg Lock,14,SEA
26.87 SJSOCT Oan Hunnie,14,SD
26.93 LASCNOV Oelano Oucheck,13,UCSC
26.97 VICONOV Jimmy Cho,13,HYACK
27.03 SOSCOCT Andrew Reid,13,KISU
27.03 GOLOOCT Stuart Cameron,14,TNT
27.34 VICONOV Greg Oowning,13,IS

100 METRES FREESTYLE
Rec: 52.46 B.Creelman,TOMAC,84
55.77 BROCKNOV Courtney James,14,TRENT
56.05 TOMACNOV Kris Fisher,14,MAC
56.06 GOLOOCT Jeff Toth,14,ROO
56.38 BRANTNOV Vincent Cheung,14,CREST
56.58 EPSOCT Bill Beecher,14,LAC
56.76 GOLOOCT Ooug Wake,13,ROO
56.89 EPSOCT Sean Steacy,14,LAC
56.95 TOMACNOV Adam Porteous,13,MAC
57.15 EBSCNOV Brian Taguchi,14,KBM
57.60 VICONOV Jimmy Cho,13,HYACK
57.62 CWCNOV Matthew Tomasson,14,CP
57.80 VICONOV Cory Holland,13,IS
57.85 SOSCOCT Andrew Reid,13,KISU
57.93 BRANTNOV Geoff Lam,14,CREST
57.99 GOLOOCT Michael Mintenko,14,MJKFF
58.09 CWCNOV Chris Muller,14,KSC
58.46 BROCKNOV Kyle Greer,14,NKSC
58.54 KBMNOV Matthew Buckley,13,KBM
58.54 TOMACNOV Chris Jones,14,TOMAC
58.56 TOMACNOV Jon Davis,13,TOMAC
59.00 TOMACNOV Mischa Sommerville,13,AAC
59.02 TOMACNOV Kit Lindquist,14,MAC
59.10 GOLOOCT Troy Rhoades,14,ROO
59.10 LASCNOV Oelano Oucheck,13,UCSC
59.11 TOMACNOV Oavid Fogel,14,MAC

200 METRES FREESTYLE
Rec: 1:53.28 A.Baumann,LUSC,79
2:02.84 BRANTNOV Bill Beecher,14,LAC
2:02.92 BRANTNOV Sean Steacy,14,LAC
2:03.34 TOMACNOV Kris Fisher,14,MAC
2:03.59 GOLOOCT Jeff Toth,14,ROO
2:03.60 GOLOOCT Ooug Wake,13,ROO
2:04.47 TOMACNOV Adam Peacey,14,GO
2:04.69 TOMACNOV Oavid Fogel,14,MAC
2:04.86 BRANTNOV Vincent Cheung,14,CREST
2:05.90 BROCKNOV Kyle Greer,14,NKSC
2:06.59 BROCKNOV Courtney James,14,TRENT
2:07.48 GOLOOCT Peter Tait,14,MM
2:07.72 GOLDDCT Brett Cameron,14,SSC
2:08.48 GDLOOCT Michael Bergstrom,14,SSC
2:08.48 OCSCNOV Kent Coates,14,SEA
2:08.87 BRANTNOV Geoff Lam,14,CREST
2:09.18 VICONOV Cory Holland,13,IS
2:09.47 CWCNDV Matthew Tomasson,14,CP
2:09.56 GOLODCT Troy Rhoades,14,RDO
2:09.65 GDLDDCT Matthew Leaker,13,CASC

400 METRES FREESTYLE
Rec: 3:58.32 J.Stevens,MANTA,89
4:18.50 TOMACNDV Adam Peacey,14,GD
4:22.02 BRANTNOV Sean Steacy,14,LAC
4:22.72 GOLODCT Jeff Toth,14,ROO
4:22.78 GOLODCT Ooug Wake,13,ROO
4:24.97 BROCKNDV Kyle Greer,14,NKSC
4:26.24 VICONDV Jimmy Cho,13,HYACK
4:27.34 VICONOV Stuart Hietbrink,14,HYACK
4:28.43 BRDCKNOV Courtney James,14,TRENT
4:28.56 GOLODCT Peter Tait,14,MM
4:29.17 BRANTNOV Vincent Cheung,14,CREST
4:29.18 GOLDDCT Michael Bergstrom,14,SSC
4:31.44 OCSCNDV Kent Coates,14,SEA
4:33.60 DCSCNOV Andrew White,13,TIOE
4:34.29 BRANTNOV Ryan VandeVooren,14,COBRA
4:34.93 VICDNDV Wayne Linner,13,IS

1500 METRES FREESTYLE
Rec: 15:32.15 A.Baumann,LUSC,79
17:33.90 VICONOV Jimmy Cho,13,HYACK
17:34.74 OCSCNOV Kent Coates,14,SEA
17:38.95 VICDNOV Stuart Hietbrink,14,HYACK
17:49.41 GDLOOCT Michael Bergstrom,14,SSC
17:49.61 GDLDDCT Brett Cameron,14,SSC
17:51.63 WTSCNDV Mark Ritcey,14,HTAC
18:03.76 GOLDDCT Jeff Toth,14,RDO
18:05.18 VICONOV Wayne Linner,13,IS
18:13.44 DCSCNOV Andrew White,13,TIOE
18:26.96 OCSCNOV Chris Granter,14,NAAC
18:32.53 VICDNDV David Fairhurst,13,IS

100 METRES BACKSTROKE
Rec: 59.58 M.Tewksbury,UCSC,83
1:01.89 TOMACNOV Kris Fisher,14,MAC
1:03.06 GOLOOCT Jeff Toth,14,RDO
1:04.25 BROCKNDV Courtney James,14,TRENT
1:04.76 EPSOCT Bill Beecher,14,LAC
1:05.17 EBSCNDV Brian Taguchi,14,KBM
1:05.76 VICDNDV Jimmy Cho,13,HYACK
1:06.06 GOLOOCT Troy Rhoades,14,ROO
1:06.48 BRANTNOV Ryan VandeVooren,14,COBRA
1:06.82 TOMACNOV Mischa Sommerville,13,AAC
1:07.22 VICONOV Stuart Hietbrink,14,HYACK
1:07.26 TOMACNOV Michael Oenyer,14,STARS
1:07.37 BRANTNOV Courtney Adams,14,EBSC
1:07.76 GOLOOCT Michael Bergstrom,14,SSC
1:07.91 TOMACNOV Adam Porteous,13,MAC
1:08.23 LASCNOV Jason Collins,13,UCSC
1:08.33 GOLOOCT Brett Cameron,14,SSC
1:08.35 OCSCNOV Chris Roberts,14,TCSC
1:08.45 BRANTNOV Oavid Hare,14,ROW
1:08.54 BROCKNOV Nathan Thomson,13,MUSAC
1:08.70 GOLOOCT Ooug Wake,13,ROO
1:08.74 BRANTNOV Bob Hayes,14,SCAR
1:08.97 TOMACNOV Jon Oavis,13,TOMAC
1:09.10 GOLOOCT Matthew Leaker,13,CASC
1:09.15 PCSCNOV Michael Wyjad,14,PCSC
1:09.48 TOMACNOV Chris Jones,14,TOMAC

200 METRES BACKSTROKE
Rec: 2:07.48 S.Flowers,OSC,83
2:16.44 GOLOOCT Jeff Toth,14,ROO
2:18.39 TOMACNOV Kris Fisher,14,MAC
2:20.14 BROCKNOV Courtney James,14,TRENT
2:20.55 BRANTNOV Bill Beecher,14,LAC
2:22.65 GOLOOCT Brett Cameron,14,SSC
2:22.87 GOLOOCT Troy Rhoades,14,ROO
2:23.64 TOMACNOV Michael Oenyer,14,STARS
2:24.14 VICONOV Stuart Hietbrink,14,HYACK
2:24.30 BRANTNOV Ryan VandeVooren,14,COBRA
2:25.29 BRANTNOV Oavid Hare,14,ROW
2:25.71 GOLOOCT Michael Bergstrom,14,SSC
2:26.02 BRANTNOV Bob Hayes,14,SCAR
2:26.56 LASCNOV Jason Collins,13,UCSC
2:26.90 GOLOOCT Ooug Wake,13,ROO
2:27.23 TOMACNOV Mischa Sommerville,13,AAC
2:27.43 CWCNOV Chris Muller,14,KSC
2:27.77 BROCKNOV Kyle Greer,14,NKSC
2:27.94 VICONOV Greg Oowning,13,IS
2:28.07 GOLOOCT Matthew Leaker,13,CASC
2:28.20 TOMACNOV Oavid Fogel,14,MAC
2:28.95 OCSCNOV Chris Roberts,14,TCSC
2:29.14 BRANTNOV Tom Hood,14,GMAC
2:29.55 OCSCNOV Andrew White,13,TIOE
2:29.72 TOMACNOV Adam Porteous,13,MAC

100 METRES BREASTSTROKE
Rec: 1:03.27 M.Mason,EPS,89
1:10.69 GOLODCT Oan Hunnie,14,SO
1:11.97 BRANTNOV Jayme Gordon,14,RHAC
1:12.08 BRANTNOV Vincent Cheung,14,CREST
1:12.42 PCSCNDV Eric Ouane,14,PCSC
1:12.83 BROCKNDV Courtney James,14,TRENT
1:12.97 GDLDDCT Doug Wake,13,RDD
1:14.00 OCSCNDV Mark Ritcey,14,HTAC
1:14.01 TDMACNDV Marc Ealdama,14,EPS
1:14.25 BRANTNDV Mark Arzaga,12,CREST
1:14.42 GOLOOCT Hayden Gabel,14,MM
1:14.54 BRANTNOV Carey Avery,14,COBRA
1:14.66 BRANTNOV Oerek Bilyk,14,TBT
1:14.77 BRANTNOV Casey Cheung,13,SCAR
1:14.94 BROCKNDV Peter Simovic,14,DAK
1:15.14 CWCNOV Matthew Tomasson,14,CP
1:15.16 GOLODCT Troy Rhoades,14,RDO
1:15.25 TOMACNOV Adam Smith,14,LSC
1:15.31 GOLDOCT Brett Cameron,14,SSC
1:15.43 VICDNDV Marek Hejduk,13,CHENA
1:15.50 VICDNOV Sven VonFersen,14,COSC
1:15.52 GPPNOV Jeremy Jaud,13,YKPB
1:15.64 GDLDOCT Ryan Pederson,13,GDLO
1:15.94 LASCNDV Jason Collins,13,UCSC

200 METRES BREASTSTROKE
Rec: 2:16.87 M.Mason,EPS,89
2:35.27 BRANTNOV Vincent Cheung,14,CREST
2:36.77 GDLDDCT Dan Hunnie,14,SO
2:37.04 OCSCNDV Mark Ritcey,14,HTAC
2:37.55 BRANTNDV Jayme Gordon,14,RHAC
2:37.94 BRANTNDV Oerek Bilyk,14,TBT
2:38.93 TDMACNOV Marc Ealdama,14,EPS
2:40.46 BRDCKNOV Courtney James,14,TRENT
2:40.97 BRDCKNDV Peter Simovic,14,DAK
2:41.02 BRANTNDV Tom Fuke,14,RDW
2:41.51 GOLODCT Brett Cameron,14,SSC
2:41.86 VICONOV Nick Szucs,14,HYACK
2:41.94 GDLOOCT Ooug Wake,13,RDD
2:42.10 TOMACNOV Carey Avery,14,COBRA
2:42.96 GOLDOCT Troy Rhoades,14,ROO
2:44.42 GOLDOCT John Harland,14,KA
2:44.80 GOLOOCT Ryan Pederson,13,GOLO
2:44.94 LASCNDV Jason Collins,13,UCSC
2:45.04 VICDNDV Sven VonFersen,14,COSC
2:45.24 VICONOV Jordie Doubt,14,TSUN
2:45.50 CWCNOV Matthew Tomasson,14,CP
2:45.72 GOLOOCT Brian Brix,14,CASC
2:45.76 BRANTNOV Geoff Lam,14,CREST
2:46.12 VICONOV Marek Hejduk,13,CHENA

100 METRES BUTTERFLY
Rec: 57.77 B.Creelman,TOMAC,84
1:00.99 GOLOOCT Ooug Wake,13,ROO
1:02.16 VICONOV Jimmy Cho,13,HYACK
1:02.74 BRANTNOV Vincent Cheung,14,CREST
1:03.29 GOLOOCT Troy Rhoades,14,ROO
1:03.75 TOMACNOV Kris Fisher,14,MAC
1:03.76 BROCKNOV Courtney James,14,TRENT
1:03.80 OCSCNOV Mark Ritcey,14,HTAC
1:04.03 GOLOOCT Brett Cameron,14,SSC
1:04.73 TOMACNOV Oavid Fogel,14,MAC
1:04.87 VICONCV Stuart Hietbrink,14,HYACK
1:04.89 BRANTNOV Bill Beecher,14,LAC
1:05.47 GOLOOCT Jeff Toth,14,ROO
1:05.53 SOSCOCT Andrew Reid,13,KISU
1:05.72 LASCNOV Oelano Oucheck,13,UCSC
1:05.90 LASCNOV Jason Collins,13,UCSC
1:06.23 BRANTNOV Bob Hayes,14,SCAR
1:06.26 TOMACNOV Jon Oavis,13,TOMAC
1:06.37 TOMACNOV Adam Porteous,13,MAC
1:06.68 EPSOCT Sean Steacy,14,LAC
1:06.76 VICONOV Ben Good,14,PSW
1:07.16 SJSOCT Peter Tait,14,MM

200 METRES BUTTERFLY
Rec: 2:07.44 J.Hudacin,EBSC,89
2:16.60 GOLOOCT Ooug Wake,13,ROO
2:17.29 VICONOV Jimmy Cho,13,HYACK
2:21.44 OCSCNOV Mark Ritcey,14,HTAC
2:21.89 BROCKNOV Kyle Greer,14,NKSC
2:24.02 VICONOV Stuart Hietbrink,14,HYACK
2:24.49 BRANTNOV Bob Hayes,14,SCAR
2:24.84 GOLOOCT Ouinn Hayden,14,SSC
2:27.00 GOLOOCT Jeff Toth,14,ROO
2:27.35 VICONOV Ben Good,14,PSW
2:27.91 BRANTNOV Francis Noventa,13,GMAC
2:29.01 TOMACNOV Garth Sindrey,14,HWAC
2:29.93 BRANTNOV Sean Steacy,14,LAC
2:30.20 BRANTNOV Oerek Miners,14,TBT

200 METRES IND.MEDLEY
Rec: 2:08.56 B.Creelman,TOMAC,85
2:18.29 BRANTNDV Vincent Cheung,14,CREST
2:18.47 GDLDOCT Brett Cameron,14,SSC
2:18.66 BRANTNOV Bill Beecher,14,LAC
2:19.23 BROCKNOV Courtney James,14,TRENT
2:21.28 GDLOOCT Troy Rhoades,14,ROO
2:21.61 GDLOOCT Ooug Wake,13,RDO
2:22.00 TOMACNOV Kris Fisher,14,MAC
2:22.58 VICDNDV Stuart Hietbrink,14,HYACK
2:22.83 OCSCNDV Mark Ritcey,14,HTAC
2:23.64 VICONOV Jimmy Cho,13,HYACK
2:24.16 TDMACNOV Adam Porteous,13,MAC
2:25.11 TOMACNDV Adam Peacey,14,GO
2:26.13 LASCNOV Jason Collins,13,UCSC
2:26.63 KBMNOV Matthew Buckley,13,KBM
2:26.70 BRDCKNOV Kyle Greer,14,NKSC
2:27.64 GOLOOCT Jeff Toth,14,ROO
2:27.77 EPSOCT Ryan VandeVooren,14,CDBRA
2:27.77 BRANTNOV Geoff Lam,14,CREST

400 METRES IND.MEDLEY
Rec: 4:25.80 A.Baumann,LUSC,79
4:52.66 BRANTNDV Vincent Cheung,14,CREST
4:56.17 GOLOOCT Brett Cameron,14,SSC
4:57.44 GDLODCT Ooug Wake,13,RDD
4:57.80 OCSCNOV Mark Ritcey,14,HTAC
5:00.01 BRANTNDV Bill Beecher,14,LAC
5:07.74 GDLDOCT Michael Bergstrom,14,SSC
5:07.91 GOLODCT Peter Tait,14,MM
5:09.85 VICDNDV Stuart Hietbrink,14,HYACK
5:11.09 BRANTNOV Bob Hayes,14,SCAR
5:14.69 GDLDOCT Jeff Toth,14,ROD

4X50 M MEDLEY RELAY
Rec: 1:54.02 Etobicoke Pepsi,EPS,89
1:59.86 RDOOCT Regina Dpt.Dolphins,RDD
2:03.09 LASCNOV Univ.Calgary SC,UCSC
2:03.19 BRANTNDV London AC,LAC
2:03.97 BRANTNOV Crescent Town SC,CREST
2:04.82 TOMACNOV Mississauga AC,TOMAC
2:04.96 VICDNOV Hyack Swim Club,HYACK
2:05.44 BROCKNOV Brock Niagara,BRDCK
2:05.85 BRANTNDV Thun Bay Thunderbolts,TBT
2:05.92 GDLDDCT Goldfin Swim Club,GDLD
2:06.73 TOMACNOV Markham AC,MAC
2:07.46 BRANTNOV City of Brampton AC,COBRA
2:07.48 VICONOV Island Swimming,IS
2:07.61 OCSCNOV Halifax Trojans,HTAC
2:07.65 BRANTNOV Scarborough SC,SCAR
2:08.97 CRKWOCT Victoria Olympians,VICO
2:09.09 VICONOV Richmond Racers,RACER
2:09.15 KBMNOV Kingston Blue Marlins,KBM
2:09.86 TOMACNOV Hamilt-Wentworth AC,HWAC
2:10.38 BRANTNOV Region of Waterloo,ROW
2:10.69 GOLOOCT Cascade Swim Club,CASC
2:10.86 TOMACNOV Glouc-Ottawa Kingfish,GO
2:11.63 OCSCNOV Sea,SEA
2:11.65 BRANTNOV North York AC,NYAC
2:12.42 TOMACNOV Etobicoke Pepsi,EPS
2:12.60 BROCKNOV Oakville AC,OAK

4X50 M FREE RELAY
Rec: 1:42.20 Etobicoke SC,ESC,88
1:44.51 ROOOCT Regina Opt.Oolphins,ROO
1:48.10 TOMACNOV Mississauga AC,TOMAC
1:48.38 LASCNOV Univ.Calgary SC,UCSC
1:49.00 TOMACNOV Markham AC,MAC
1:50.37 BROCKNOV Brock Niagara,BROCK
1:50.57 VICONOV Island Swimming,IS
1:51.04 BRANTNOV London AC,LAC
1:51.41 VICONOV Hyack Swim Club,HYACK
1:51.67 BRANTNOV Crescent Town SC,CREST
1:52.02 OCSCNOV Sea,SEA
1:52.13 OCSCNOV Halifax Trojans,HTAC
1:52.38 GOLOOCT Manitoba Marlins,MM
1:52.77 GOLOOCT Cascade Swim Club,CASC
1:53.17 CRKWOCT Victoria Olympians,VICO
1:53.37 CWCNOV Calgary Patriots,CP
1:53.43 BRANTNOV Scarborough SC,SCAR
1:53.73 EBSCNOV Kingston Blue Marlins,KBM
1:54.00 TOMACNOV Hamilt-Wentworth AC,HWAC
1:54.47 BRANTNOV Region of Waterloo,ROW
1:54.62 BROCKNOV Oakville AC,OAK
1:55.01 BRANTNOV Thun Bay Thunderbolts,TBT
1:55.42 BRANTNOV City of Brampton AC,COBRA
1:55.56 BRANTNOV North York AC,NYAC
1:56.00 TOMACNOV Glouc-Ottawa Kingfish,GO

TOP AGE GROUP TIMES

1991 SHORT COURSE TAG®

GIRLS 15-17

50 METRES FREESTYLE
Rec: 25.42 K.Topham,UNATT,90
26.68 TOMACNOV Janet Mayville,16,YORK
26.83 TOMACNOV Melanie Mackwood,16,MAC
27.45 OCSCNOV Carmen Kondra,15,EPS
27.50 GOLDOCT Jill Lakusiak,15,MANTA
27.64 GOLOOCT Barb Austin,17,ROD
27.95 TOMACNOV Tania Stevenson,15,GO
27.98 BRANTNOV Kathryn McBurney,15,WISC
28.03 PCSCNOV Petrina Lessard,16,PCSC
28.04 VICONOV Karen Chow,16,HYACK
28.05 VICONOV Nikki Dryden,15,IS
28.06 OCSCNOV Jody Bull,17,WW
28.09 GOLOOCT Kelly Argent,16,RACE
28.12 BRANTNOV Kim Yoshimoto,15,NYAC
28.18 GOLDOCT Kim Stobbs,17,GOLD
28.19 VICONOV Anita Lee,16,CDSC
28.38 TOMACNOV Karla Klein,15,MAC
28.40 TOMACNOV Oonna Bourdon,15,YORK
28.49 LASCNOV Karla Kochorek,17,UCSC
28.55 VICONOV Shannon Bell,16,CDSC
28.65 VICONOV Katrina Walters,15,PSW
28.71 GOLDOCT Michelle Lischinsky,16,MANTA
28.76 UTOCT Chris Perry,16,NYAC
28.78 GPPNOV Sarah Agnew,16,CP
28.88 VICONOV Karen McMahon,17,IS

100 METRES FREESTYLE
Rec: 55.94 A.Higson,UCSC,90
58.69 LASCNOV Allison Higson,17,UCSC
58.96 TOMACNOV Melanie Mackwood,16,MAC
59.03 TOMACNOV Janet Mayville,16,YORK
59.34 VICONOV Karen Chow,16,HYACK
59.60 UTOCT Marianne Limpert,17,NYAC
59.60 GOLDOCT Jill Lakusiak,15,MANTA
59.62 LASCNOV Gabriella Kuntz,17,UCSC
59.69 DCSCNOV Michelle Killins,16,EPS
1:00.04 VICONOV Katrina Walters,15,PSW
1:00.30 BRANTNOV Kathryn McBurney,15,WISC
1:00.31 BROCKNOV Jill Savege,16,TRENT
1:00.33 PCSCNOV Petrina Lessard,16,PCSC
1:00.53 OCSCNOV Heather Thomas,15,HTAC
1:00.58 GOLDOCT Barb Austin,17,ROD
1:00.69 GOLDOCT Maria Gaudin,17,EKSC
1:00.70 LASCNOV Karla Kochorek,17,UCSC
1:00.72 BRANTNOV Kim Yoshimoto,16,NYAC
1:01.22 VICONOV Aelicia Otto,17,PSW
1:01.27 OCSCNOV Jody Bull,17,WW
1:01.30 LASCNOV Sherry Sanders,16,UCSC
1:01.61 BRANTNOV Jennifer Varey,16,LAC
1:01.63 HWACOCT Shelby Brown,15,BOSS
1:01.68 VICONOV Tanya Tighe,16,IS
1:01.70 DCSCNOV Nicole Bourgeois,15,SEA
1:01.76 GOLOOCT Kelly Argent,16,RACE

200 METRES FREESTYLE
Rec: 1:58.28 P.Noall,CNMN,88
2:07.35 VICONOV Nikki Dryden,15,IS
2:07.39 DCSCNOV Michelle Killins,16,EPS
2:08.59 GOLDOCT Jill Lakusiak,15,MANTA
2:08.91 BROCKNOV Jill Savege,16,TRENT
2:09.09 VICONOV Leanne Wilkinson,15,IS
2:09.16 VICONOV Shannon Bell,16,COSC
2:09.42 BRANTNOV Susie Miller,16,ROW
2:09.64 TOMACNOV Janet Mayville,16,YORK
2:10.22 VICONOV Karen Chow,16,HYACK
2:10.49 BRANTNOV Becky Randall,17,GMAC
2:10.62 BRANTNOV Jennifer Varey,16,LAC
2:10.70 HWACOCT Shelby Brown,15,BOSS
2:10.73 DCSCNOV Heather Thomas,15,HTAC
2:10.85 VICONOV Katrina Walters,15,PSW
2:10.96 GOLOOCT Barb Austin,17,ROO
2:11.18 VICONOV Aelicia Otto,17,PSW
2:11.43 VICONOV Anna Leong,15,IS
2:11.61 BRANTNOV Jodie Taylor,16,TBT
2:11.62 TOMACNOV Christine Chasse,16,TOMAC
2:11.67 BRANTNOV Kim Yoshimoto,15,NYAC
2:11.74 GOLDOCT Kathy Monar,15,GOLD
2:12.02 VICONOV Tanya Tighe,16,IS
2:12.09 DCSCNOV Nicole Bourgeois,15,SEA
2:12.12 LASCNOV Karla Kochorek,17,UCSC
2:12.14 GOLOOCT Marla Oowdeswell,16,ROO

400 METRES FREESTYLE
Rec: 4:09.30 J.Daigneault,PCSC,82
4:25.88 GOLOOCT Maria Gaudin,17,EKSC
4:26.11 BROCKNOV Jill Savege,16,TRENT
4:29.30 BROCKNOV Kristin Fowler,17,NKSC
4:30.54 OCSCNOV Heather Thomas,15,HTAC
4:30.91 VICONOV Shannon Bell,16,CDSC
4:31.62 GOLDOCT Colleen Hnatiuk,16,EKSC
4:31.78 GOLDOCT Jill Lakusiak,15,MANTA
4:32.45 TOMACNOV Janet Mayville,16,YORK
4:32.74 VICONOV Shannon Brown,15,IS
4:33.02 DCSCNOV Michelle Killins,16,EPS
4:33.25 VICONOV Karen McMahon,17,IS
4:33.56 DCSCNOV Hilary Seagrave,15,FAST
4:34.08 VICONOV Tanya Tighe,16,IS
4:34.33 GOLOOCT Marla Dowdeswell,16,ROO
4:34.47 VICONOV Aelicia Otto,17,PSW
4:35.54 TOMACNOV Alicia Belluz,15,HWAC
4:35.77 BRANTNOV Susie Miller,16,ROW
4:37.37 VICONOV Katrina Walters,15,PSW
4:37.86 DCSCNOV Nicole Bourgeois,15,CVAC
4:38.13 GOLOOCT Kathy Monar,15,GOLO
4:38.69 BRANTNOV Kim Baker,17,ROW
4:38.71 GOLDOCT Andrea Maber,15,GOLO
4:38.98 BRANTNOV Jennifer Varey,16,LAC
4:39.10 BRANTNOV Becky Randall,17,GMAC
4:39.34 VICONOV Nicole Siezien,17,TSUN

800 METRES FREESTYLE
Rec: 8:33.89 J.Daigneault,PCSC,82
9:17.16 OCSCNOV Michelle Killins,16,EPS
9:18.27 VICONOV Karen McMahon,17,IS
9:18.54 VICONOV Aelicia Otto,17,PSW
9:19.01 VICONOV Shannon Bell,16,CDSC
9:20.87 GOLDOCT Jill Lakusiak,15,MANTA
9:21.76 GOLDOCT Marla Dowdeswell,16,ROO
9:22.45 DCSCNOV Hilary Seagrave,15,FAST
9:25.03 VICONOV Shannon Brown,15,IS
9:26.95 VICONOV Nicole Siezien,17,TSUN
9:31.39 VICONOV Tanya Tighe,16,IS
9:32.22 ALBOCT5 Colleen Hnatiuk,16,EKSC
9:33.06 OCSCNOV Becky Young,16,PCMSC
9:36.66 GOLDOCT Andrea Maber,15,GOLD
9:37.43 GOLDOCT Erin Hildebrand,15,MM
9:37.97 GOLDOCT Donna Stobbs,15,GOLD

100 METRES BACKSTROKE
Rec: 1:02.03 A-M.Andersen,EPS,89
1:05.00 VICONOV Nikki Dryden,15,IS
1:07.27 GOLDOCT Michelle Lischinsky,16,MANTA
1:08.01 BRANTNOV Kara Bowman,17,ROW
1:08.52 VICONOV Katrina Walters,15,PSW
1:08.69 TDMACNOV Christine Chasse,16,TOMAC
1:08.76 DCSCNOV Katharine Ounn,16,HTAC
1:08.79 GOLDOCT Kathy Monar,15,GOLD
1:08.86 GOLOOCT Chris Courtemanche,15,RACE
1:09.37 OCSCNOV Michelle Killins,16,EPS
1:09.85 LASCNOV Karla Kochorek,17,UCSC
1:09.87 GOLDOCT Jill Lakusiak,15,MANTA
1:10.20 BROCKNOV Jill Savege,16,TRENT
1:10.21 BROCKNOV Kristin Fowler,17,NKSC
1:10.24 BROCKNOV Susan Tilk,17,OSHAC
1:10.27 DCSCNOV Jody Bull,17,WW
1:10.36 BRANTNOV Jennifer Parsons,15,ROW
1:10.37 HWACOCT Janet Mayville,16,YORK
1:10.93 LASCNOV Sherry Sanders,16,UCSC
1:11.18 VICONOV Shannon Bell,16,CDSC
1:11.38 VICONOV Dawna McLennan,15,PSW
1:11.44 TOMACNOV Karla Klein,15,MAC
1:11.52 VICONOV Krista Soucie,16,HYACK
1:11.55 BROCKNOV Heather Cole,15,OAK
1:11.73 GOLOOCT Maria Gaudin,17,EKSC
1:11.98 TOMACNOV Janice Bosak,17,PICK

200 METRES BACKSTROKE
Rec: 2:13.51 K.Puhm,NYAC,88
2:24.77 VICONOV Katrina Walters,15,PSW
2:25.27 GOLDOCT Chris Courtemanche,15,RACE
2:25.63 BRANTNOV Susie Miller,16,ROW
2:26.77 BROCKNOV Jill Savege,16,TRENT
2:27.27 GOLDOCT Michelle Lischinsky,16,MANTA
2:27.44 TOMACNOV Christine Chasse,16,TOMAC
2:27.89 GOLDDCT Kathy Monar,15,GOLD
2:28.02 DCSCNOV Heather Thomas,15,HTAC
2:28.22 LASCNOV Karla Kochorek,17,UCSC
2:28.34 BROCKNOV Kristin Fowler,17,NKSC
2:28.39 BRANTNOV Kara Bowman,17,ROW
2:29.15 TOMACNOV Teresa Kuran,15,GO
2:30.12 BROCKNOV Susan Tilk,17,OSHAC
2:31.01 VICONOV Shannon Bell,16,COSC
2:32.00 UTOCT Shannon Connolly,17,NYAC
2:32.23 BROCKNOV Heather Cole,15,OAK
2:32.50 HWACOCT Ariana Price,15,HWAC
2:32.83 GOLDOCT Colleen Hnatiuk,16,EKSC
2:33.02 GOLOOCT Jill Lakusiak,15,MANTA

100 METRES BREASTSTROKE
Rec: 1:08.26 A.Higson,EPS,89
1:15.90 UTOCT Marianne Limpert,17,NYAC
1:16.20 TOMACNOV Melanie Mackwood,16,MAC
1:16.25 OCSCNOV Iona Allen,16,HTAC
1:16.82 VICONOV Bambi Roy,16,CRKW
1:16.88 VICONOV Anita Lee,16,CDSC
1:17.42 BRANTNOV Sheryl Ross,16,COBRA
1:17.79 TOMACNOV Rhianon Shepherd,16,MAC
1:17.97 GOLDOCT Kelly Argent,16,RACE
1:18.10 GPPNOV Kris Van Otterloo,15,GPP
1:18.86 LLSCNOV Janet Mayville,16,YORK
1:19.07 GOLDOCT Erin Hildebrand,15,MM
1:19.29 BRANTNOV Karen Jeffrey,15,GMAC
1:19.31 GOLDOCT Debbie Matejicka,17,MM
1:19.48 BROCKNOV Erica Kotler,17,NKSC
1:19.69 BRANTNOV Mairi MacOonald,16,ROW
1:19.74 BRANTNOV Kathryn McBurney,15,WISC
1:19.77 BRANTNOV Laura Milsom,15,EBSC
1:20.88 BRANTNOV Heather Johnston,16,SCAR
1:20.96 BROCKNOV Heather Jeffrey,15,NKSC
1:21.57 BRANTNOV Kim Yoshimoto,16,NYAC
1:21.58 GOLDOCT Jill Lakusiak,15,MANTA

200 METRES BREASTSTROKE
Rec: 2:27.08 A.Ottenbrite,AAC,84
2:43.37 DCSCNOV Iona Allen,16,HTAC
2:43.78 VICONOV Bambi Roy,16,CRKW
2:44.74 TOMACNOV Rhianon Shepherd,16,MAC
2:46.45 BRANTNOV Karen Jeffrey,15,GMAC
2:46.72 GOLDOCT Erin Hildebrand,15,MM
2:47.06 VICONOV Paula Elfstrom,17,CDSC
2:47.42 GOLDOCT Debbie Matejicka,17,MM
2:48.56 BRANTNOV Sheryl Ross,16,COBRA
2:48.99 VICONOV Anita Lee,16,CDSC
2:49.78 BROCKNOV Erica Kotler,17,NKSC
2:51.48 GOLDOCT Kelly Argent,16,RACE
2:51.56 VICONOV Debbie McLennan,17,PSW
2:51.58 DCSCNOV Becky Young,16,PCMSC
2:52.29 GOLOOCT Marla Dowdeswell,16,ROO
2:52.67 OCSCNOV Michelle Barnett,16,OCSC
2:52.79 LLSCNOV Janet Mayville,16,YORK
2:52.99 BRANTNOV Louise Scott,16,GMAC

100 METRES BUTTERFLY
Rec: 1:00.77 K.Topham,UNATT,90
1:03.27 GOLDOCT Maria Gaudin,17,EKSC
1:04.40 TOMACNOV Janet Mayville,16,YORK
1:05.04 UTOCT Marianne Limpert,17,NYAC
1:06.21 VICONOV Lisa Robertson,16,HYACK
1:06.51 DCSCNOV Jody Bull,17,WW
1:06.66 VICONOV Sarah Cherry,15,RACER
1:06.95 GOLDOCT Lori Eshom,15,CASC
1:07.22 BRANTNOV Kathryn McBurney,15,WISC
1:07.27 BRANTNOV Becky Randall,17,GMAC
1:07.65 DCSCNOV Iona Allen,16,HTAC
1:08.26 GOLOOCT Chantelle Yeo,15,GOLD
1:08.37 GPPNOV Sarah Agnew,16,CP
1:08.46 TOMACNOV Christine Chasse,16,TOMAC
1:08.58 GOLDOCT Leanne Dick,17,CASC
1:08.58 BRANTNOV Jennifer Varey,16,LAC
1:08.63 BROCKNOV Jill Savege,16,TRENT
1:08.96 VICONOV Nicola Higgins,16,CDSC
1:09.14 GOLDOCT Debbie Matejicka,17,MM

200 METRES BUTTERFLY
Rec: 2:10.89 M.Moore,DCSC,84
2:18.60 VICONOV Leanne Wilkinson,15,IS
2:20.30 ALBOCT5 Maria Gaudin,17,EKSC
2:22.83 GOLDOCT Colleen Hnatiuk,16,EKSC
2:26.00 VICONOV Anna Leong,15,IS
2:26.34 HWACOCT Janet Mayville,16,YORK
2:27.19 GOLDOCT Lori Eshom,15,CASC
2:28.26 TOMACNOV Carrie Arnott,17,HWAC
2:28.33 VICONOV Lisa Robertson,16,HYACK
2:29.10 GOLDOCT Chantelle Yeo,15,GDLD
2:29.41 VICONOV Sarah Cherry,15,RACER
2:29.70 BRANTNOV Jodie Taylor,16,TBT
2:29.76 DCSCNOV Hilary Seagrave,15,FAST
2:30.05 VICONOV Bambi Roy,16,CRKW
2:30.45 VICONOV Nicola Higgins,16,CDSC
2:30.82 GOLDDCT Leanne Dick,17,CASC
2:31.37 VICONOV Mikki Furst,16,PSW

200 METRES IND.MEDLEY
Rec: 2:13.18 N.Garapick,HTAC,79
2:24.06 TOMACNOV Janet Mayville,16,YORK
2:25.16 VICONOV Anna Leong,15,IS
2:25.51 LASCNOV Allison Higson,17,UCSC
2:25.59 OCSCNOV Iona Allen,16,HTAC
2:25.98 VICONOV Leanne Wilkinson,15,IS
2:26.31 GOLDOCT Kim Stobbs,17,GOLD
2:27.03 VICONOV Shannon Bell,16,COSC
2:27.13 VICONOV Dawna McLennan,15,PSW
2:27.90 BROCKNOV Jill Savege,16,TRENT
2:27.96 BRANTNOV Becky Randall,17,GMAC
2:27.98 BRANTNOV Jennifer Varey,16,LAC
2:28.21 BROCKNOV Kristin Fowler,17,NKSC
2:29.26 ALBOCT5 Maria Gaudin,17,EKSC
2:29.58 GOLDOCT Kathy Monar,15,GOLD
2:29.97 BRANTNOV Kathryn McBurney,15,WISC
2:30.17 BRANTNOV Kim Brochu,17,TAT
2:30.42 GOLOOCT Debbie Matejicka,17,MM
2:31.05 VICONOV Karen McMahon,17,IS

400 METRES IND.MEDLEY
Rec: 4:41.43 N.Garapick,HTAC,79
4:58.14 GOLOOCT Maria Gaudin,17,EKSC
5:05.68 DCSCNOV Iona Allen,16,HTAC
5:08.73 VICONOV Shannon Bell,16,CDSC
5:08.77 VICONOV Dawna McLennan,15,PSW
5:09.51 GOLDOCT Colleen Hnatiuk,16,EKSC
5:09.80 BRANTNOV Susie Miller,16,ROW
5:14.14 BRANTNOV Karen Jeffrey,15,GMAC
5:14.52 GOLDOCT Marla Dowdeswell,16,ROD
5:15.47 VICONOV Bambi Roy,16,CRKW
5:16.66 BRANTNOV Jennifer Varey,16,LAC
5:17.56 GOLDOCT Kathy Monar,15,GOLO
5:18.68 DCSCNOV Becky Young,16,PCMSC
5:20.02 VICONOV Karen McMahon,17,IS

4X50 M MEDLEY RELAY
Rec: 2:00.20 Manta Aquatic Club,MANTA,89
2:07.50 BRANTNOV Guelph Marlin AC,GMAC
2:07.56 GOLDOCT Goldfin Swim Club,GOLO
2:07.90 GOLDOCT Regina Opt.Dolphins,ROD
2:08.18 VICONOV Hyack Swim Club,HYACK
2:09.18 TOMACNOV Markham AC,MAC
2:09.29 LASCNOV Univ.Calgary SC,UCSC
2:09.49 VICONOV Canadian Dolphin SC,CDSC
2:09.70 DCSCNOV Etobicoke Pepsi,EPS
2:10.28 LLSCNOV Lindsay LSC,LLSC
2:11.60 BROCKNOV Nepean Kanata SC,NKSC
2:11.64 TOMACNOV Glouc-Ottawa Kingfish,GO
2:11.82 GOLDOCT Manta Aquatic Club,MANTA
2:11.94 VICONOV Pacific Seawolves,PSW
2:12.23 BRANTNOV Whitby Iroquois SC,WISC
2:12.57 DCSCNOV Halifax Trojans,HTAC
2:12.70 GOLDOCT Edmonton Racers,RACE
2:13.26 BRANTNOV Region of Waterloo,ROW
2:13.32 DCSCNOV Sea,SEA
2:13.47 BROCKNOV Muskoka AC,MUSAC
2:13.47 BROCKNOV Oakville AC,OAK
2:13.48 BROCKNOV Brock Niagara,BROCK
2:13.99 BROCKNOV Oshawa AC,OSHAC
2:14.64 TOMACNOV Mississauga AC,TOMAC
2:15.38 LLSCNOV York Swim Club,YORK
2:15.50 GOLDOCT Edmonton Keyano SC,EKSC

4X50 M FREE RELAY
Rec: 1:46.49 North York,NYAC,82
1:52.66 DCSCNOV Etobicoke Pepsi,EPS
1:53.00 BRANTNOV Guelph Marlin AC,GMAC
1:53.70 DCSCNOV Halifax Trojans,HTAC
1:54.42 LLSCNOV York Swim Club,YORK
1:54.69 GOLDOCT Goldfin Swim Club,GOLO
1:54.80 GDLDOCT Regina Opt.Dolphins,ROD
1:55.00 TOMACNOV Markham AC,MAC
1:55.29 BROCKNOV Brock Niagara,BROCK
1:55.30 BRANTNOV Region of Waterloo,ROW
1:55.68 LLSCNOV Lindsay LSC,LLSC
1:55.93 GDLDOCT Edmonton Racers,RACE
1:55.98 LASCNOV Univ.Calgary SC,UCSC
1:56.38 VICONOV Canadian Dolphin SC,CDSC
1:57.04 BRANTNOV Whitby Iroquois SC,WISC
1:57.73 BROCKNOV Oakville AC,OAK
1:57.74 VICONOV Hyack Swim Club,HYACK
1:57.98 GOLDOCT Edmonton Keyano SC,EKSC
1:58.01 VICONOV Island Swimming,IS
1:58.45 TOMACNOV Mississauga AC,TOMAC
1:58.52 SOSCOCT Kisu Swim Club,KISU
1:59.00 VICONOV Pacific Seawolves,PSW
1:59.49 BROCKNOV Muskoka AC,MUSAC
1:59.66 BROCKNOV Nepean Kanata SC,NKSC
1:59.77 GOLDOCT Olympian Swim Club,DSC
2:00.62 BRANTNOV Scarborough SC,SCAR

TOP AGE GROUP TIMES

1991 SHORT COURSE TAG®

BOYS 15-17

50 METRES FREESTYLE
Rec: 22.94 D.Kondziolka,TOMAC,90
23.95 BRANTNOV Stephen Clarke,17,COBRA
24.49 GOLOOCT Luke Small,17,MM
24.50 OCSCNOV Eric Weibl,16,EPS
24.59 TOMACNOV Lee Wanie,16,YORK
24.79 TOMACNOV Nick Luck,16,MAC
24.92 GOLOOCT Anthony Comessotti,17,EKSC
24.95 VICONOV Jason Bishop,17,HYACK
24.96 BRANTNOV Andrew Lennstrom,17,TBT
25.00 GOLOOCT Chris Koyl,17,ROO
25.01 TOMACNOV Orew Oundas,16,TOMAC
25.05 VICONOV Jonathan Oean,16,HYACK
25.12 GOLOOCT Michael Browne,16,OSC
25.13 PCSCNOV Justin Finney,16,PCSC
25.20 OCSCNOV Patrick Breen,16,EPS
25.26 VICONOV Kristian VonFersen,16,COSC
25.26 LLSCNOV Jared Valentic,16,LLSC
25.26 TOMACNOV Chris Messer,17,GO
25.29 ROOOCT Shane Oavison,17,ROO
25.32 BRANTNOV Steven Georgiev,16,CAJ
25.35 BRANTNOV Brent Gralick,17,CAJ
25.47 TOMACNOV Keith Klebacha,17,PICK
25.54 GOLOOCT Nicolas Rabinovitch,16,RACE
25.56 TOMACNOV Sean Watson,17,HWAC
25.60 GOLOOCT Tyler Koyl,17,ROO
25.60 VICONOV Adam Fallis,16,CHENA

100 METRES FREESTYLE
Rec: 50.12 A.Baumann,LUSC,81
53.20 GOLOOCT Robbie McFarlane,17,GOLO
53.80 BRANTNOV Stephen Clarke,17,COBRA
53.82 LASCNOV Trevor Johnsen,17,UCSC
53.83 OCSCNOV Eric Weibl,16,EPS
54.17 TOMACNOV Lee Wanie,16,YORK
54.36 BROCKNOV Ooug McKay,17,BROCK
54.64 GOLOOCT Tyler Koyl,17,ROO
54.64 TOMACNOV Nick Luck,16,MAC
54.73 VICONOV Jason Bishop,17,HYACK
54.78 TOMACNOV Sean Watson,17,HWAC
54.78 BRANTNOV Andrew Lennstrom,17,TBT
54.79 LASCNOV Curtis Myden,16,UCSC
54.83 BROCKNOV Cricho Brown,17,NKSC
55.11 BRANTNOV Brendt Garlick,17,CAJ
55.24 GOLOOCT Anthony Comessotti,17,EKSC
55.31 TOMACNOV Orew Oundas,17,TOMAC
55.36 SOSCOCT Graem Geen,16,KAJ
55.78 HWACOCT Jeremy Sparrow,15,BOSS
55.80 TOMACNOV Jamie Helm,17,TOMAC
55.86 VICONOV Kristian VonFersen,16,COSC
55.90 VICONOV John McArthur,16,COSC
55.91 VICONOV Oustin Hersee,15,COSC
55.92 OCSCNOV Patrick Breen,16,EPS
56.14 VICONOV Adam Fallis,16,CHENA
56.14 TOMACNOV Sean Perreira,17,PICK

200 METRES FREESTYLE
Rec: 1:47.83 A.Baumann,LUSC,81/E.Parenti,NSC,89
1:52.52 GOLOOCT Robbie McFarlane,17,GOLO
1:57.12 GOLOOCT Jamie Stevens,15,MANTA
1:57.29 BRANTNOV Andrew Foulds,17,TBT
1:57.49 GOLOOCT Luke Small,17,MM
1:58.02 TOMACNOV Chris Messer,17,GO
1:58.03 BRANTNOV Stephen Clarke,17,COBRA
1:58.28 GOLOOCT Jaret Abel,16,EKSC
1:58.55 OCSCNOV Eric Weibl,16,EPS
1:59.13 VICONOV Jason Bishop,17,HYACK
1:59.37 TOMACNOV Sean Watson,17,HWAC
2:00.00 BRANTNOV Steven Georgiev,16,CAJ
2:00.04 GOLOOCT Rusty Jones,16,MANTA
2:00.14 BROCKNOV Cricho Brown,17,NKSC
2:00.14 TOMACNOV Lee Wanie,16,YORK
2:00.29 VICONOV Jonathan Oean,16,HYACK
2:00.34 GOLOOCT Anthony Comessotti,17,EKSC
2:00.88 TOMACNOV Nick Luck,16,MAC
2:00.96 HWACOCT Jeremy Sparrow,15,BOSS
2:01.34 VICONOV Kristian VonFersen,16,COSC
2:01.43 VICONOV John McArthur,16,COSC

400 METRES FREESTYLE
Rec: 3:47.65 A.Baumann,LUSC,81
4:00.81 GOLOOCT Robbie McFarlane,17,GOLO
4:03.06 GOLOOCT Jaret Abel,16,EKSC
4:07.99 BROCKNOV Ooug McKay,17,BROCK
4:08.76 GOLOOCT Jamie Stevens,15,MANTA
4:09.31 BRANTNOV Andrew Foulds,17,TBT
4:10.23 BRANTNOV Mac Fraser,16,NYAC
4:11.52 BROCKNOV Cricho Brown,17,NKSC
4:12.03 TOMACNOV Chris Messer,17,GO
4:14.36 BROCKNOV Rodney Hackett,16,NKSC
4:14.90 BROCKNOV Oarren Murphy,15,TRENT

1500 METRES FREESTYLE
Rec: 15:08.85 A.Baumann,LUSC,81
16:29.54 GOLOOCT Jaret Abel,16,EKSC
16:38.79 GOLOOCT Jamie Stevens,15,MANTA
16:48.16 VICONOV John McArthur,16,COSC
16:50.66 GOLOOCT Jonathan McLeod,15,ROO
16:54.68 VICONOV Brett Creed,15,WVOSC
17:13.22 VICONOV Oino Verbrugge,15,HYACK

100 METRES BACKSTROKE
Rec: 55.46 M.West,ROW,82
59.81 BRANTNOV Stephen Clarke,17,COBRA
1:01.02 BROCKNOV Matthew Adams,16,TRENT
1:01.46 GOLOOCT Robbie McFarlane,17,GOLO
1:01.68 BRANTNOV Brendt Garlick,17,CAJ
1:01.77 VICONOV Jonathan Oean,16,HYACK
1:01.82 LASCNOV Craig Keddie,15,UCSC
1:02.93 TOMACNOV Lee Wanie,16,YORK
1:03.09 GOLOOCT Michael Browne,16,OSC
1:03.21 HWACOCT Sean Watson,17,HWAC
1:03.28 GOLOOCT Luke Small,17,MM
1:03.72 BROCKNOV Ian Wogrinetz,17,NKSC
1:04.03 BROCKNOV Kevin Goode,15,TRENT
1:04.07 BRANTNOV Rodger Shortt,15,NYAC
1:04.17 ROOOCT Tyler Koyl,17,ROO
1:04.29 LLSCNOV Jared Valentic,16,LLSC
1:04.34 BRANTNOV Andrew Lennstrom,17,TBT
1:04.52 TOMACNOV Sean Ooolittle,17,TOMAC
1:04.52 BRANTNOV Sean Neeb,17,ROW
1:04.56 TOMACNOV Oalen Sharp,17,MAC
1:04.65 BRANTNOV Mac Fraser,16,NYAC
1:04.66 TOMACNOV Edward Furs,16,EPS
1:04.70 HWACOCT Joe OiUbaldo,16,HWAC
1:04.85 BROCKNOV Jason Ing,15,BTSC

200 METRES BACKSTROKE
Rec: 1:57.95 S.Goss,NYAC,84
2:07.88 LASCNOV Curtis Myden,16,UCSC
2:09.97 GOLOOCT Robbie McFarlane,17,GOLO
2:12.42 BROCKNOV Matthew Adams,16,TRENT
2:13.09 BRANTNOV Stephen Clarke,17,COBRA
2:13.33 LASCNOV Trevor Johnsen,17,UCSC
2:13.39 GOLOOCT Jaret Abel,16,EKSC
2:15.22 BROCKNOV Cricho Brown,17,NKSC
2:15.26 VICONOV Jonathan Oean,16,HYACK
2:15.33 BRANTNOV Andrew Foulds,17,TBT
2:16.35 GOLOOCT Jamie Stevens,15,MANTA
2:17.61 BRANTNOV Andrew Lennstrom,17,TBT
2:17.92 BRANTNOV Brendt Garlick,17,CAJ
2:18.20 TOMACNOV Oalen Sharp,17,MAC
2:18.26 BROCKNOV Kevin Goode,15,TRENT
2:18.28 TOMACNOV Edward Furs,16,EPS
2:18.46 BROCKNOV Ian Wogrinetz,17,NKSC
2:18.56 BRANTNOV Rodger Shortt,15,NYAC
2:18.92 GOLOOCT Shea Tritter,16,CASC
2:19.42 GOLOOCT Michael Browne,16,OSC
2:19.48 BROCKNOV Joel Magnan,17,BTSC
2:19.52 GOLOOCT Adam Carriere,17,MM
2:19.59 LASCNOV Craig Keddie,15,UCSC
2:19.60 OCSCNOV Eric Weibl,16,EPS
2:19.97 TOMACNOV Jason Broder,17,AAC
2:20.11 VICONOV Matthew Legge,16,HYACK

100 METRES BREASTSTROKE
Rec: 1:01.36 V.Davis,ROW,82
1:06.87 GOLOOCT Oarren Nichols,15,EKSC
1:06.97 BRANTNOV Andrew Foulds,17,TBT
1:07.71 VICONOV Vaughn Thompson,15,CHENA
1:08.06 GOLOOCT Luke Small,17,MM
1:08.45 TOMACNOV Stephen Partridge,17,GO
1:08.67 OCSCNOV Michael Ritcey,16,HTAC
1:08.69 VICONOV Jonathan Oean,16,HYACK
1:08.90 GOLOOCT Kevin Przyswitt,16,EKSC
1:09.02 VICONOV Stefan Jakobsen,17,IS
1:09.17 BRANTNOV Jason Ayotte,16,WISC
1:09.36 BRANTNOV Oonald Head,17,LAC
1:09.57 LASCNOV Shawn Pinder,15,LASC
1:09.67 BROCKNOV Ooug McKay,17,BROCK
1:10.07 OCSCNOV Eric Weibl,16,EPS
1:10.16 GOLOOCT Mark Mercer,16,EKSC
1:10.22 GOLOOCT Jaret Abel,16,EKSC
1:10.45 BRANTNOV Gordon Ngan,15,NYAC
1:10.48 VICONOV Jason Abel,17,IS
1:10.52 BRANTNOV Brian Guerriero,16,SCAR
1:10.78 TOMACNOV John Kaminsky,15,EPS
1:10.82 BRANTNOV Stuart Cowan,15,EYSC
1:10.89 TOMACNOV Andrew Priestman,16,MAC
1:10.91 TOMACNOV Andrew Ooolittle,15,TOMAC
1:10.92 TOMACNOV Ben Kleine,15,GO
1:11.02 VICONOV Kristian VonFersen,16,COSC

200 METRES BREASTSTROKE
Rec: 2:11.54 V.Davis,ROW,82
2:25.52 VICONOV Edward Ng,15,VCSC
2:25.57 BRANTNOV Andrew Foulds,17,TBT
2:25.58 VICONOV Vaughn Thompson,15,CHENA
2:28.16 GOLOOCT Oarren Nichols,16,EKSC
2:29.21 GOLOOCT Kevin Przyswitt,16,EKSC
2:29.77 BRANTNOV Oonald Head,17,LAC
2:30.01 TOMACNOV Stephen Partridge,17,GO
2:30.54 VICONOV John McArthur,16,COSC
2:30.91 VICONOV Stefan Jakobsen,17,IS
2:30.96 OCSCNOV Michael Ritcey,16,HTAC
2:31.24 VICONOV Jason Abel,17,IS
2:31.31 TOMACNOV Ben Kleine,15,GO
2:31.65 TOMACNOV Andrew Priestman,16,MAC
2:31.94 LASCNOV Shawn Pinder,15,LASC
2:32.13 BROCKNOV Robert Pandy,16,OSHAC
2:32.44 GOLOOCT Mark Mercer,16,EKSC

100 METRES BUTTERFLY
Rec: 55.37 E.Parenti,NSC,89
57.15 BRANTNOV Stephen Clarke,17,COBRA
57.34 GOLOOCT Robbie McFarlane,17,GOLO
57.97 GOLOOCT Michael Browne,16,OSC
59.11 VICONOV Jonathan Oean,16,HYACK
59.13 BRANTNOV Oavid Dykstra,17,GMAC
59.33 VICONOV Jason Bishop,17,HYACK
59.33 TOMACNOV Chris Messer,17,GO
59.94 TOMACNOV Sean Watson,17,HWAC
1:00.31 BRANTNOV Mac Fraser,16,NYAC
1:00.55 VICONOV Oino Verbrugge,16,HYACK
1:00.71 EBSCNOV Jeremiah Hudacin,16,EBSC
1:01.17 GOLOOCT Luke Small,17,MM
1:01.45 SJSOCT Jamie Stevens,15,MANTA
1:01.61 TOMACNOV Sean Ooolittle,17,TOMAC
1:01.64 GOLOOCT Carl Simonson,16,EKSC
1:01.74 OCSCNOV Eric Weibl,16,EPS
1:01.77 UMANOCT Jonathan McLeod,15,ROO
1:02.04 SOSCOCT Kurt Ouchi,15,VKSC

200 METRES BUTTERFLY
Rec: 1:58.44 V.Davis,ROW,82
2:06.21 GOLOOCT Robbie McFarlane,17,GOLO
2:09.66 BRANTNOV Stephen Clarke,17,COBRA
2:12.34 HWACOCT Sean Watson,17,HWAC
2:12.40 VICONOV Oino Verbrugge,15,HYACK
2:12.71 BRANTNOV Oavid Dykstra,17,GMAC
2:13.05 TOMACNOV Chris Messer,17,GO
2:13.24 BROCKNOV Cricho Brown,17,NKSC
2:15.87 BRANTNOV Andrew Foulds,17,TBT
2:16.14 GOLOOCT Carl Simonson,16,EKSC
2:16.29 VICONOV Joe Morris,15,HYACK
2:16.34 GOLOOCT Jaret Abel,16,EKSC
2:17.48 GOLOOCT Tyler Koyl,17,ROO
2:17.55 OCSCNOV Brent Purdy,16,AA

200 METRES IND.MEDLEY
Rec: 2:00.43 A.Baumann,LUSC,81
2:09.65 GOLOOCT Robbie McFarlane,17,GOLO
2:12.20 BRANTNOV Andrew Foulds,17,TBT
2:12.29 GOLOOCT Luke Small,17,MM
2:13.18 LASCNOV Trevor Johnsen,17,UCSC
2:13.39 BRANTNOV Oonald Head,17,LAC
2:14.85 VICONOV Jonathan Oean,16,HYACK
2:14.97 TOMACNOV Chris Messer,17,GO
2:15.41 TOMACNOV Andrew Priestman,16,MAC
2:15.95 VICONOV John McArthur,16,COSC
2:16.43 BRANTNOV Andrew Lennstrom,17,TBT
2:16.77 VICONOV Vaughn Thompson,15,CHENA
2:16.89 VICONOV Edward Ng,15,VCSC
2:16.90 GOLOOCT Jonathan McLeod,15,ROO
2:17.18 BRANTNOV Sean Neeb,17,ROW
2:17.30 GOLOOCT Rusty Jones,16,MANTA
2:17.49 BROCKNOV Ian Wogrinetz,17,NKSC
2:17.66 BRANTNOV Oavid Dykstra,17,GMAC
2:17.92 BROCKNOV Craig McConkey,15,OSHAC

400 METRES IND.MEDLEY
Rec: 4:12.67 A.Baumann,LUSC,81
4:35.65 GOLOOCT Jamie Stevens,15,MANTA
4:35.79 GOLOOCT Jaret Abel,16,EKSC
4:37.60 BRANTNOV Andrew Foulds,17,TBT
4:39.70 GOLOOCT Robbie McFarlane,17,GOLO
4:45.47 VICONOV John McArthur,16,COSC
4:45.64 VICONOV Jonathan Oean,16,HYACK
4:48.08 BRANTNOV Sean Neeb,17,ROW
4:48.90 GOLOOCT Jonathan McLeod,15,ROO
4:49.76 BRANTNOV Mac Fraser,16,NYAC
4:49.81 VICONOV Edward Ng,15,VCSC
4:50.27 VICONOV Vaughn Thompson,15,CHENA
4:50.80 GOLOOCT Rusty Jones,16,MANTA

4X50 M MEDLEY RELAY
Rec: 1:46.33 Univ.Calgary SC,UCSC,90
1:51.78 TOMACNOV Markham AC,MAC
1:54.36 VICONOV Hyack Swim Club,HYACK
1:55.10 BROCKNOV Nepean Kanata SC,NKSC
1:55.40 BRANTNOV North York AC,NYAC
1:55.49 BROCKNOV Trent Swim Club,TRENT
1:55.85 TOMACNOV Mississauga AC,TOMAC
1:56.30 BRANTNOV Thun Bay Thunderbolts,TBT
1:56.70 OCSCNOV Etobicoke Pepsi,EPS
1:56.80 ROOOCT Regina Opt.Oolphins,ROO
1:57.08 BROCKNOV Barrie Trojans,BTSC
1:57.15 GOLOOCT Goldfin Swim Club,GOLO
1:57.51 GOLOOCT Olympian Swim Club,OSC
1:57.93 LASCNOV Univ.Calgary SC,UCSC
1:58.07 TOMACNOV Glouc-Ottawa Kingfish,GO
1:58.31 BROCKNOV Muskoka AC,MUSAC
1:58.46 BRANTNOV Brantford AC,BRANT
1:58.66 BROCKNOV Oshawa AC,OSHAC
1:58.77 BRANTNOV Scarborough SC,SCAR
1:58.81 BRANTNOV Region of Waterloo,ROW
1:59.14 VICONOV Chena Swim Club,CHENA
1:59.36 LLSCNOV Richmond Hill AC,RHAC
1:59.73 BRANTNOV London AC,LAC
2:00.12 BRANTNOV Guelph Marlin AC,GMAC
2:00.67 BRANTNOV Cambridge Aquajets,CAJ
2:01.04 BROCKNOV Brock Niagara,BROCK

4X50 M FREE RELAY
Rec: 1:35.96 Univ.Calgary SC,UCSC,90
1:40.51 TOMACNOV Markham AC,MAC
1:41.62 LASCNOV Univ.Calgary SC,UCSC
1:41.70 OCSCNOV Etobicoke Pepsi,EPS
1:41.84 VICONOV Hyack Swim Club,HYACK
1:42.27 GOLOOCT Manitoba Marlins,MM
1:42.41 BROCKNOV Barrie Trojans,BTSC
1:42.50 ROOOCT Regina Opt.Oolphins,ROO
1:42.65 BROCKNOV Muskoka AC,MUSAC
1:42.69 TOMACNOV Mississauga AC,TOMAC
1:42.90 BROCKNOV Trent Swim Club,TRENT
1:43.04 BROCKNOV Nepean Kanata SC,NKSC
1:43.84 TOMACNOV Pickering SC,PICK
1:44.22 TOMACNOV Glouc-Ottawa Kingfish,GO
1:44.26 BRANTNOV Thun Bay Thunderbolts,TBT
1:44.29 BROCKNOV Brock Niagara,BROCK
1:44.91 LLSCNOV Richmond Hill AC,RHAC
1:44.92 GOLOOCT Olympian Swim Club,OSC
1:45.71 GOLOOCT Goldfin Swim Club,GOLO
1:45.88 BRANTNOV North York AC,NYAC
1:45.98 GOLOOCT Manta Aquatic Club,MANTA
1:46.04 BRANTNOV Cambridge Aquajets,CAJ
1:46.13 LASCNOV Lethbridge ASC,LASC
1:46.92 BRANTNOV London AC,LAC
1:46.95 BRANTNOV Scarborough SC,SCAR
1:47.22 VICONOV Chena Swim Club,CHENA

MAKING WAVES®

Kristen Thompsett, 14
Club: KISU Swim Club, Penticton
Coach: Jack Ashton
Specialty: Sprint freestyle
Won golds in 50-100 at BC Age Groups in July groups.

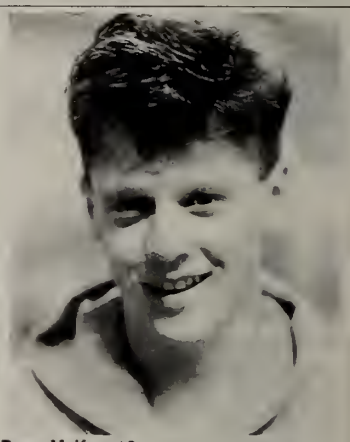
Best Times	*SCM90*	*LCM90*
50 freestyle	0:28.21	0:28.24
100 freestyle	1:01.26	1:00.90
200 freestyle		2:16.02

Patrick Hetu, 14
Club: ELITE Laval + Longueuil
Coach: Pierre Bedard
Specialty: Backstroke
Finalist at Youth Championships in backstroke. Golds in 100-200 back at Quebec Championships.

Best Times	*SCM90*	*LCM90*
100 backstroke	1:04.93	1:03.86
200 backstroke	2:17.65	2:17.26
200 ind.medley	2:28.51	2:23.64

Anthony Tham, 12
Club: North York Aquatic Club
Coach: Bill Durrant
Specialty: Backstroke and fly
Ranks among top 10 for 100 back and 100 fly for SCM TAG91

Best Times	*SCM91*	*LCM90*
100 backstroke	1:14.14	1:16.08
200 backstroke	2:44.50	2:40.34
100 butterfly	1:08.42	1:09.68
200 ind.medley	2:36.84	2:42.48



Doug McKay, 16
Club: Brock Niagara
Coach: Peter Bradstreet
Specialty: Fly and I.M.
Fourth in 200 fly and 200 IM at Youth Champs last July.

Best Times	*SCM90*	*LCM90*
100 butterfly	0:59.52	1:01.09
200 butterfly	2:08.60	2:09.09
200 ind.medley	2:11.44	2:13.17
400 ind.medley	4:40.28	4:46.26

Jayson Knack, 17
Club: Brantford Aquatic Club
Coach: Mark Fellner
Specialty: Distance free and I.M.
Won bronze in 1500 free and 400 IM at Youth Champs in July.

Best Times	*SCM90*	*LCM90*
400 freestyle	4:07.77	4:05.12
800 freestyle	8:36.35	8:30.02
1500 freestyle	16:12.28	16:13.29
200 ind.medley	2:16.55	2:18.12
400 ind.medley	4:39.08	4:35.23

Cathy Dufresne, 14
Club: PLUS Levis+Montmagny
Coach: Charles Vanasse
Specialty: Freestyle
Won silver in 400 free at Youth Champs in July.

Best Times	*SCM90*	*LCM90*
200 freestyle	2:08.67	2:09.12
400 freestyle	4:27.71	4:30.89
800 freestyle	9:11.30	9:12.83

Christian Aubin, 15
Club: Club de Natation Beauport
Coach: Claude-Yves Bertrand
Specialty: Breaststroke
Finalist in both breaststroke at Youth Champs. in July. 6th ranked for SCM TAG90 in 200 breast.

Best Times	*SCM90*	*LCM90*
100 breaststroke	1:06.12	1:07.75
200 breaststroke	2:21.36	2:29.38
200 ind.medley	2:21.00	2:28.65

Jayme Gordon, 13
Club: Richmond Hill Aquatic Club
Coach:Takeo Inoki and Julie Bradshaw
Specialty: Breaststroke
2nd ranked in 100 breast and 4th in 200 for SCM TAG91

Best Times	*SCM91*	*LCM90*
100 breaststroke	1:11.97	1:14.83
200 breaststroke	2:37.55	2:43.98

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